Friedrich Marby

The Runic Library

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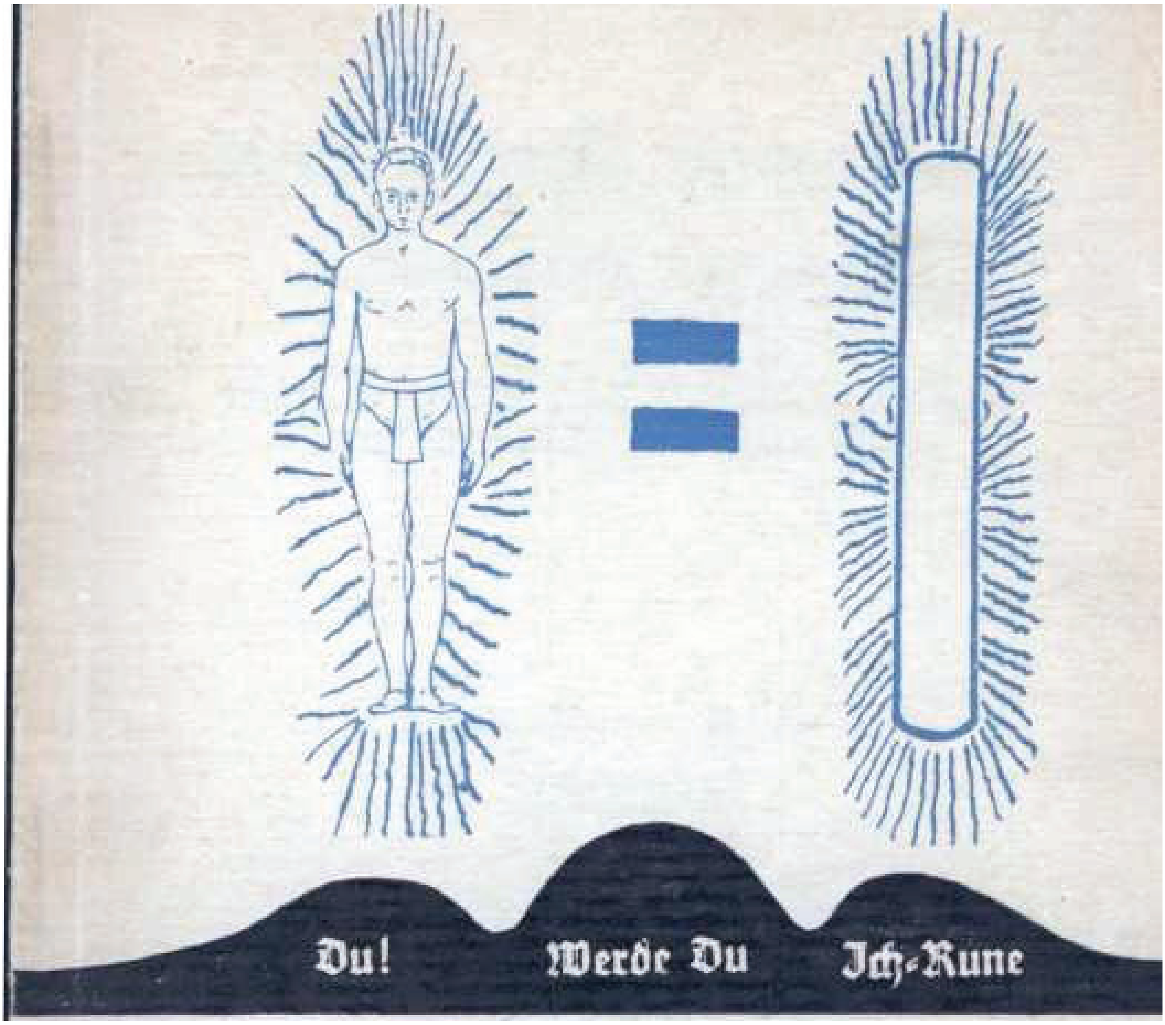
HERITAGE


Du!
Werde Du
Ich-Rune

Runic writing / Runic work
Runic gymnastics

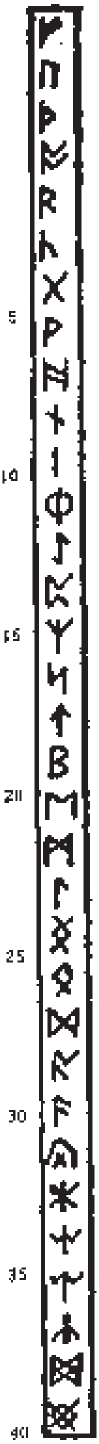
Introduction / Overview of the first rune exercises

Given by Friedrlch Bernhard Marby

Who looks into the world with open eyes, who bases his world view on the Bible, who swears on Darwin, or at least assumes an evolution of the world and the living beings, must affirm that among all human races, between the Germanic man and the animal, already purely externally, the greatest distance exists. The Bible believer should conclude from it that the Germanic man is still most similar to God's image. But the follower of any theory of development must come to the conclusion that in the Germanic man the highest state of development was reached.

With this conclusion and statement, however, the non-Germanic man can never feel himself set back, and the Germanic man must not fall into flatulent pride, for the non-german, seen from the material plane, can just as little add to the fact that he is not a Germanic man, as the Germanic man may not ascribe to himself as his own merit the fact that the Germanic vein comes through in him. The correct point of view is that each race has to fulfill its tasks and duties and only then is entitled to rights, and that further crossings between the races always harm only the Germanic race, but can be of no use to the other races, because the conflicting hereditary material causes organic and mental disharmony and creates mental inferiority, even if the intelligence is sharpened in a selfish direction and for earthly concerns, and inner insecurity and restlessness drives to lively, cunning activity. Mixed-race people suffer for their whole life from a disharmonious working of the solar plexus. This disharmony restricts the universal feeling, binds the soul to the earth and forces to the development of an intelligence, which is set only on robbery and enjoyment and plays tricks with the holiest.

What is peculiar to all pure-blooded people and to the pure-blooded Germanic most of all, that is as a matter of course the mind. The mind is the firm unchanging feeling of being secure in eternal, protecting, guiding, co-native powers of God and the world: Mind is something that comes from a series of mothers of the same kind.



In the pure-blooded person is born the courage from the mothers, the courage to live, the ability to feel, the resonance of the soul in all life events, the inner feeling of the right way of help for the changed ones and oneself, the love for the fellow human being, the will for the further shaping of the life then also in the child and in the children's children.

That just the Germanic man possesses these soul values and the gifts and abilities arising from it, which include among other things also an anchoring over time and space, and the gift of foresight, know mixed-race circles quite exactly. For this reason they strive with all means and ways to win the Germanic mediums and sensitives and to make them serve their purposes. Roch never has a real seer grown out of a Jewish, mulatto or otherwise mixed race . Seership is possible only on the basis of a clear hereditary property in the mute, and if the organic formation of the body as mother inheritance determined and made possible this ability accordingly. Where blood of different races mixed, there several mother-rows and several memory-chains cross and overlap, as also the organ-forming and organ-refining tendencies.

But what is otherwise often called "Gemüt" today is a baseless blurring, despondent and characterless. So the terms "Gemütlichkeit", "Gemütsmensch" etc. have today nothing more to do with the real Gemüt. The closest one comes to the meaning of the word Gemüt is to think of the following words: Mutter, Mutterwitz (-mother's wit), Mutung.Mut, and the phonetically connected words Mut, Gud (i.e. God) and gut.-.

The views of all lay and academic circles researching in occult and scientific ways are united in the opinion that the life forms have developed at the poles of the earth, namely first at the Rordvol. As the seat of the oldest race the North polar-area is to be regarded, which once, as long ago determined, had a blooming vegetation. The race, which is to be addressed as the first human race and which was able to create a high culture at an early stage, is the race, the Germanic race, which still lives near the North Polar regions today. My skin and hair coloration, which is the furthest from the animal world, already indicates that here the weiteste distance from the animal world in development time and breeding time is present.

So it is self-evident that the oldest race of the earth could also develop the God-viewing, the God-knowing, the world view coming closest to the truth, the God-consciousness, the God-likeness, as well as in connection with it the love for all beings and the sense of duty and the joy of work and creation at the highest and could also transfer it in the mothers of the race more and more in mental values, in the mind to the offspring. -

From the above-mentioned development of the most developed race all reasons speak for the fact that in the oldest race of the earth also the highest spirituality, the highest intuition power, the highest inspiration ability, the highest art ability, the highest genius must be present. However, one should not confuse spirituality with common intelligence and animal cunning and cunning. Spirituality is not only ability, but also the core of being and responsibility towards spiritual values. This spirituality can be refined and increased to such an extent that the values of the earth, that the body itself, are sacrificed to a spiritual goal out of free will after mature deliberation and conscious inner drive. This spiritual attitude, which puts the main value on the spiritual world, is never brought up by the man-race man. He is not even able to comprehend this attitude and regards it as "ideaology", as weakness, as insanity. Thereby the animal predatory intellect tells him that it is self-evident that the high-bred man must actually **sacrifice** himself for him, the mixed-breed man (see the Christian version) and that the high-bred man must actually be glad to be allowed to leave the earth to the mixed-breed man. Thus the mixed race man "understands" the attitude of the highly spiritual race man. Roch more, he constructs demands and claims to the pure-bred mankind, forms from it a "religion" and forced and forces this "religion" on the Teutons and all other races as a "redeeming" "religion", but did and does nothing himself to develop to the racial man, but sought and seeks his goal in the money power and the domination over the Teutons always and everywhere to get for himself a pleasant earth existence.

Thus, the Germanic idea of the finite sacrifice of physical form and earthly life for the sake of spiritual

For the sake of life to the bastard idea of the official "religions" created by Manschmenschen, to the bondage of the Germanic peoples by mixed-race people, who for more than 12000 years in a finely developed organization not only hinder the Germanic peoples in their development, but also consciously subjugate and de-racialize them.

The greatest spirituality and genius developed among the Teutons (i.e. similar to the spiritual procreators (genii) and their tools) is based on the hereditary property of the father-row from hundreds of thousands of years ago in an uninterrupted chain of race-legal procreation. On the bodies of the fathers of the Germanic race worked and formed (especially on the development of the brain, the thymus gland, the kidneys of the vines, the serual glands and the heart) for centuries the tasks of thinking and the cosmic waves, as they pulsate most effectively in the regions of the North Pole under the influence of the radiation of the so-called magnetic pole and the space waves arriving here.

But all thoughts are based on **spatial** images and values. Thinking is a scanning and grasping and the like and putting together and assembling of differently stored, formed and tightened fields of force. This thought activity, which necessarily had to experience in itself the harmony of the universe and the all-intelligences, settled in substance and form and organ refinement in the body of the procreators according to purpose and was transferred to the conceived child. -

Thus the series of mothers as representatives of the one Mother Earth built on the Germanic race and the series of fathers of the Germanic race as representatives of the celestial spaces and powers built for hundreds of thousands of years and rather than as with other races on the bodies of our race children, on their souls and on their spirits. It is necessary for us, if we know this now, to continue this awakening of the only redemption through pure procreation and to adjust ourselves mentally and spiritually and to work on ourselves in such a way that in us and through us the racial line of development will continue to propagate.

I have said that on the mother's side the experience-memory images are transmitted to us as hereditary property as mental property and on the father's side the images which spatially arise through the thinking activity as spiritual property. Both kinds of images, those of the material world and of the world of the tense

Spaces, the experienced and imagined images, have an effect in us as divine guidance, if they are not covered by ideas (ecclesiastical and exact-scientific education), which suppress this hereditary property of mental and spiritual values. If these inherited values are suppressed, we will necessarily be at a disadvantage compared to other-racial and mixed-racial people. We become a plaything of the mixed-race world subjugation plans. We will be enslaved and degenerate, although we may even blindly boast of being Teutons. So, in order to become full human beings and in order to become redeemed in truth, we must first of all regard all education by religious and scientific "authorities" very critically as something for unkind children and people, that is for children and people without kind, without Raffe. - But we have a kind-ego, have a race-ego! So we educate ourselves! Rur self-educated serves ourselves! -

We have to become aware of our genetic makeup again. Then the way is free for our development. But we must know how to regain these memories and abilities. -

We have this way of the awakening of the hereditary property still today in our Germanic runes before us. These runes must be interpreted and brought back to life. It is necessary to live into the world view of our ancestors by means of the runes and to make their ways of thinking our own again, so that we awaken the hereditary property in us. In the runes are actually contained all the keys to the knowledge of our ancestors, all the knowledge about this world and all other worlds. We can only grow when we are awakened, awakened to ourselves. The runes are the only key from the way of our development. Lying within us in our genetic makeup. Awakened, opened, this hereditary property brings us the development of a dynamic world view in us, and in and around us the development of our own force field and the radiation and long-distance effect of this our force field according to our own will, as well as a close being connected with God.

The path of this development is marked in the acquisition of runic lore, in the development of the ability to form magical space values by oneself, in the development of the ability to draw in power through runic exercises, to to form and send, in the development of the ability to gain enlightenment through runic exercises.

In the field of runes I can only show the way. How far each individual student progresses in this field is up to the will and the pure, conscious work of the student. Those who use the developed power wrongly have to reckon with setbacks and should seek the blame, as well as the extra work, with themselves. But with the help of the hints I have given, every student will be able to overcome every obstacle.

If only the good will remains steady, the power grows daily and faster than you have previously guessed. Even the weakest becomes a warrior through the runes!

The red and the time demand conscious people of will, of strength and of action!

Well! We will!
Will! - Strength! - Action!

We want to imbue ourselves with the highest will powers of heaven and earth! We want to let this will beget power in us! We will give birth to the conscious deed, as an instrument of developing spiritual direction, as a creator of a lighter world!

The author.

In 1924, I began to publish the following articles in the journal I edited and which is now in its 8th year of publication **"The one way"** under the heading **"Runen raunen richtig Rat"** with the discussion and explanation of the most important and mysterious and in all Mucker circles most feared writing of the **Germanic runes** and the explanation of their signs.

The years of apprenticeship that I used for preliminary studies were quite a number and the subjects as well. I knew where I wanted to go, that I was busy with studies in the field of botany, medicine and psychology, and that I was mentally active after hard, hectic work until 3 or 4 o'clock in the morning.

I knew where it was going, that I was preparing salts, trying out poisons on my own body, twisting pills, brewing tinctures, and in medical practice, through the use of personal magnetism, herbs, salt therapy, biochemistry, homeopathy and paracelsus remedies, I was curing the sick, the lame and the blind, homeopathy and Paracelsus remedies, healed the sick, drove away copses, cured "incurable" women's ailments, made the lame walk and the blind see, so that I soon had no peace and quiet from the sick and - from the harassment of the doctors privileged by the state.

If the childhood was already hard, but full of opportunities to come to self-acquired knowledge on my own way, the third and the fourth decade of my life were even more so.
In my profession, the newspaper business, I did something more like my duty, so that I moved up step by step, slowly but surely. In addition to my studies, I was also very active politically, attending delegates' meetings of professional organizations, working through the press, especially 20 years ago the völkisch literature from the publishing house of the old fighter Karl Rohm in Lorch and newspaper reports, communal political essays, art critiques.

I don't know where I would find the time for my many-sided studies; and what was the use of my being paid the highest salaries in the place in a responsible position. Everything went for my intellectual self-expression.

education, and today I am still as poor as a church mouse.

But, how is it: man needs something to eat, something to drink, a roof over his head and a bed. Taking care of this is every man's own duty. Who If you get stuck on these worries, if you get absorbed in them, you will surely get stuck. But being a human being means having a task that goes beyond these daily things. If he fulfills this, then the daily things will probably also be there daily.

"From my fields of study, or was it from within me, something new, nowhere read, nowhere experienced, peeled out over time: the realization of the life value of the direction, the angle, the predisposition and the type of man. Experience proved to me that here un- "known forces were at work. Typical people, typical families, typical dispositions, typical diseases were created on the basis of unknown laws. When a man came to get me for the first time to see his sick wife, I told him on entering my consulting room that he was coming because of his wife, what illness she was suffering from, what she looked like, when she would be well again. When I went to unknown new patients, the pain and suffering jumped out at me, and the cause of the disease and the cure were open and clear. Miracles upon miracles! - I was just a tool. - But miracles also include spiritual guides and secret laws. But everything is for the service, the service to mankind. The teacher learns by teaching and the helper helps himself spiritually when he truly helps. Intertwined are essence, law and pure will.

"By itself" came the knowledge about the **runes.** They were there, not as writing, but effective as directions, space values, flow values. The magnetic treatment cranezs ker, the chemical relations, the accumulation and formation of the matter to the typical physical shape in the human being pointed to laws, to forces, which must have been recognized and fixed somehow already before me. Eternally mankind could not have blindly passed them by

But no one wrote about it, no one talked about it. Were these laws so dangerous, so overturning to the - self-interest, which spread itself well-organized and colorfully dressed up over all? - What is frowned upon, what is persecuted, what is suppressed, what is reviled as pagan -

What is the use of the effort of so many united and yet fearful , fanatical forces testifying of a bad conscience, when the counterforce, the eternal ar-force, the spiritual lifeborn, from which all life itself springs, is not still much stronger, so strong that it is insurmountable and outlasts time and people?

Thus the runes grew up in my feeling. And if also at the situation the mind, the brain-thinking labored in vain around the form - in the revenge I was, while my body closed that I put formula against formula, equation achieved and inner relaxation and from in the Sraum spoken words awoke, words, which sounded so strangely "Greek". - Besides, words jumped into my face in the middle of the day's work. 2a natural: The word "Erinnyen" of the Greeks was the German word "Er- innerung". Greek language had originated from German language. - On the way home from work, I saw on a windowsill of a ground-floor apartment. The mother carefully held the child from behind on both sides under the armpit with both hands. The child was teething, saliva was flowing out of the mouth onto the bib. The child's mouth was wide open, as was the mouth of the house, the window. From time to time the child grabbed his mouth with his whole hand. Pain from the teeth pushing up. In between the child spoke eagerly and with inner fervor always the same: "e-i-j, e-i-j, e-i-j, e-i-j, e-i-j."-"The child works with the chanting of this word," it ran through me, "his teeth through the gums." - So, going on, I also practiced: e-i-j, e-i-j, and behold, an urging upward in the chest (the vernacular also says: the child gets the teeth through the chest during coughing fits) and transplantation of the upward urging vibration into the jaws, into the gums. The jaws, the gums were shaken, massaged by fine vibrations. There was something self-knowing in the child, the knowledge of laws, which, consciously applied, formed on the body. And I remembered the children's games that we once sang in Frisian in the round dance and the recurring phrase "von hooge - dooge - desse, von hooge - dooge - desse".

So the life on the way, the man, the child, the bird, the dog, the horse, always taught inner-aware life.
and knowledge and application of laws that are still and eternally effective in determining all life, and

The knowledge of the priests and the people must once have been good, because the dorü that flowed towards me from the language, opinion, custom, usage and habit of the people became inexhaustible.

Lonely wanderings in the early morning then gave birth to the **stretching** and **stretching,** the **stammering,** the **singing,** the **jubilating of the runic forms, of the runic words. There were forces that** seized the body and brought it into their direction of flow. Without my will the hips started to move.
The spine became a writhing snake, the larynx, the "Adam's apple" trembled and words were formed. The spine became a writhing snake, the larynx, the "Adam's apple" trembled, and words form- The light was unintentional and attracted birds and squirrels. On the way home, I saw in front of me, around me, something going along, in a golden glow, two spans in front of my body. The golden fleece? -

Years after, when I considered it necessary that the deliberate misleading of the God-seekers was put an end to my part, I began then in veiled form with the publication of the **living runic** lore: The runes **Wohl** Schrift, but also **much** more: **The runes are signs, spatial signs, power signs, tension signs**, signs of **the human being who becomes a rune in the runic incarnation! -**

But further the seed had to be scattered. In my public lectures the pencils of the stenographic listeners flew. Real, true seekers and puzzlers, who were concerned about the material literary evaluation of these new thoughts. Perhaps new contemporary enticing formulas could be forged from it under any exotic ramen, new shackles for the Germanic people, for the seekers everywhere. They liked it. In honey they collected poison. Poison to the wrong.
- Even "Aryan" writers and "leaders" stole. That hurt. What a speaker says, after all, is not prescribed by law.
Copying and printing protected. If they had known to ask, I would have given gladly. Thus the "runes-father-our" wandered out under false flag, but fragmentary, because I knew the martens and gave fragments and the key. Who was in the rune spirit, to him everything would be
"by themselves".

I could only scatter the seed. That is natural. Everybody had to bring it to germinate by himself. - The lack of money and the struggle with life made it difficult.

It was impossible for me to write books about runes besides my newspaper and my cosmological studies, and more and more the field expanded. - But I already had a great effect by awakening the right runic thought in the public in baptizing hearts longing for clarity and in "outgoing brains searching for clarity. The thinking of thousands of our brothers and sisters forced hundreds of writers to write. These too are tools and collaborators, each in his own way, captured by the runic thought.

So now in the field of the runic idea the balls flew and fly back and forth. Few know who has designed this field so that it has become three-dimensional and a field of divine forces. - Good and bad players. Honest and dishonest. Behind everything stands the people struggling for knowledge, knowledge and independence with The latest findings of science, in the field of physiology of the glands, in the field of atomic research, in the field of radiation research, in the field of radio-technological development, were also forced and promoted by the same power of desire, step by step. What I had experienced and already wrote in my runic essays in 1924/25: that the human body is an antenna and transmitter, was forced upon the minds of all until 1930 and finally a Munich student "discovered", how the German daily newspapers in 1931 reported that the human body is an antenna. If a student finally discovers this, it may well be so. - Behind everything stands the compelling progress, development wanting spirit. He throws the people, the balls into the game.

Now let's divide the rules of the game The Time is ripe. - I hope that I succeed in sorting out this rune library beginning with this bundle for quite a long time.

With a general overview of the runes as scripture begins the rune dictionary in this volume. Thereby the fundamental questions, which are connected with the runes historically and racially-psychologically and ideologically, are also briefly touched upon. In the further volumes then the runes as spatial values, language signs, transmission signs , astrological signs, chemical signs etc.. Find explanation and treatment.

There is no area of life that is not unlocked by the runes. Richer and clearer, step by step, the path of life will become for the reader. And good work will flourish consciously in the future.

I write for my sisters and brothers in the people. There I have to write as one speaks in the people's cathedral, in order to present the large area as comprehensibly as possible.

Nevertheless, the content of the Rune Book is highly scientific and brings signposts for science in abundance. That is why some of it is not so easy to read as a novel. The Rune Library is intended to bring textbooks of runic lore, namely **applied** runic lore. Years of learning are not years of mastery, but they become years of mastery! Who wants to learn and grow, read the following not once, but **many times** and **process the** read on lonely walks. Then will bloom realizations, forces, abilities which are worth more than like a whole life and all money and all shine of the world.

And one more thing I ask you to consider. I am only a tool, I can only give what I have, I can only form according to my abilities and forces and between my other grueling layer work I must put down here in writing what can be said to the runes. But I hope that more capable, more able ones grow up from the circle of my readers, so that further the rune-dome forms itself. That muh, should and will be!

Those who are easily offended by words, consider the following: The Rune Book will contain the truth. It is always possible to avoid that truth and clarity cause pain to sick souls and sensitive eyes. Truth, which hurts there, shows sick, weak places. He who wants to cuddle these, let him avoid the truth.

Truth has nothing to do with agitation. Truth takes position freely, agitation distorts. Because the truth is so gladly concealed, it can be felt, in the Rune Library openly said, surprisingly, unpleasantly attacking at the first jerk here and there. This cannot be avoided, this is due to the fact that the untruth had a sickening effect for so long.

What is said in the Rune Library can be proven. Literature references shall not be lacking. Who does not want to believe, can know. Racial hatred has no room in me; racial knowledge will bring the Rune Library.

Recognition of the value of each race shuts down conscious love of humanity. Racial hatred usually arises from reid and the struggle for advantage. Any race that does not recognize itself harms itself. Any race that is bent on bor parts creates judgment for itself. Racial science was always fought also by national and ecclesiastical circles.

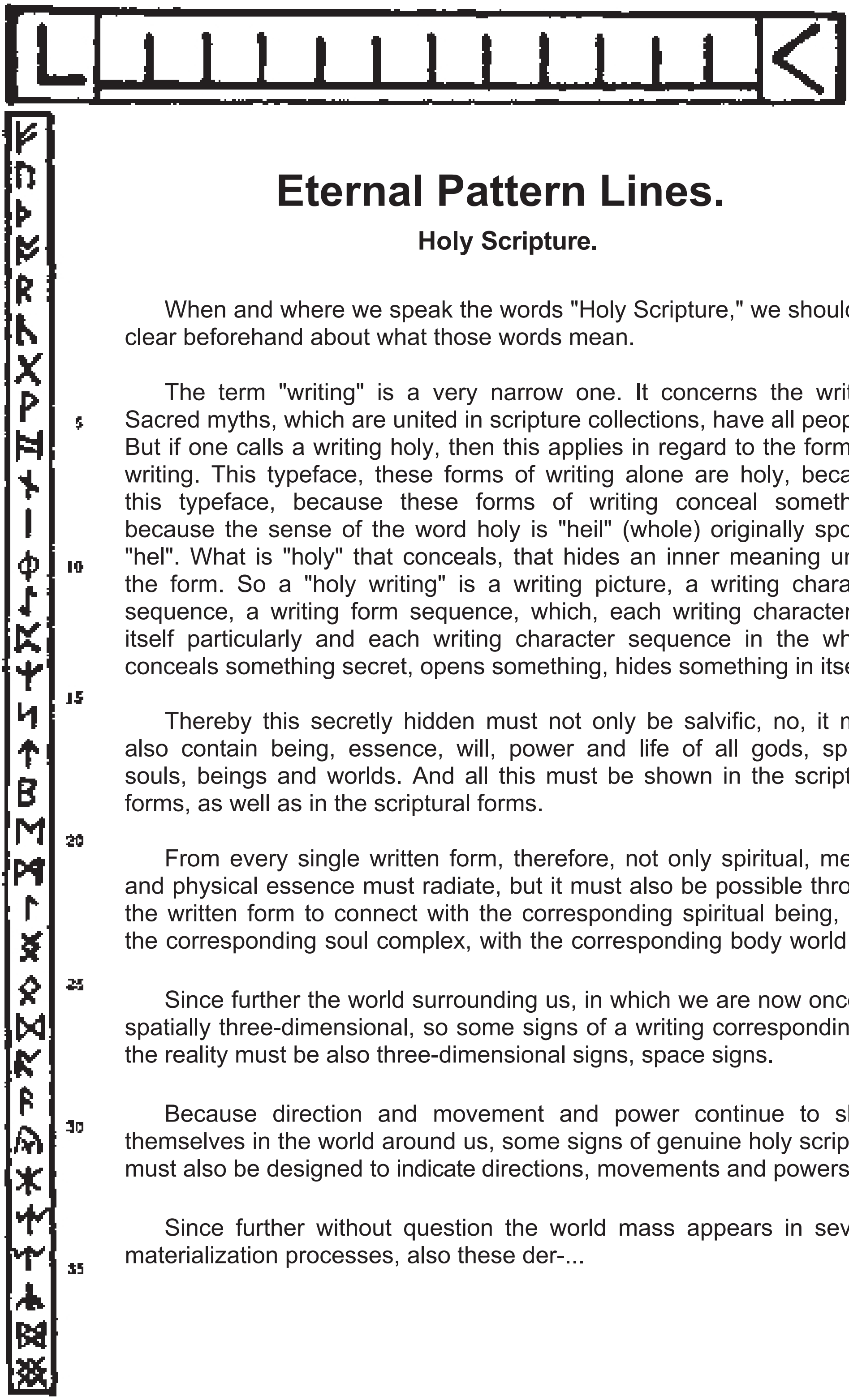
We are as we are, our own and God's. - Between our self and God we do not want other people, no purpose lies, they may call themselves, decorate themselves as they want. Between us and God grows the blood and spirit tree of the race to which we belong. The branches of the tree, on which we are a little branch, grow in space and time, the root of the tree rests in God. In God's garden, however, several trees grow. They all have air and light, if prudence and love guide them to give each other light and air. If this love, this prudence is not present, the branches burrow into each other and take air and light from each other, storms drive between them, branches break off and wither. He who is a branch, look at himself.

Tool we must be ourselves, blossom and fruit, so that we become seed-bearing for eternity!

Racial heredity is important. Who recognizes this, recognizes himself and also the others only more, can also love himself and the others only consciously. We find all on ways, but everyone must go his **own way.** Who goes on other people's way, loses himself. I-development is the first.

If we are not our own and God's, with what will we go through life and through death and through the following lives? - If we are our own, we are also God's own.

We have to grow, grow out of ourselves, grow out of God's breeding ground, which he offers us in the universe. God's universe grows into us and forms us, in us we form our ego and ego consciousness grows out of the universe towards us. Thus God recognizes himself in the universe and in us.



Eternal Pattern Lines.

Holy Scripture.

When and where we speak the words "Holy Scripture," we should be clear beforehand about what those words mean.

The term "writing" is a very narrow one. It concerns the writing. Sacred myths, which are united in scripture collections, have all peoples. But if one calls a writing holy, then this applies in regard to the forms of writing. This typeface, these forms of writing alone are holy, because this typeface, because these forms of writing conceal something, because the sense of the word holy is "heil" (whole) originally spoken "hel". What is "holy" that conceals, that hides an inner meaning under the form. So a "holy writing" is a writing picture, a writing character sequence, a writing form sequence, which, each writing character for itself particularly and each writing character sequence in the whole, conceals something secret, opens something, hides something in itself.

Thereby this secretly hidden must not only be salvific, no, it must also contain being, essence, will, power and life of all gods, spirits, souls, beings and worlds. And all this must be shown in the scriptural forms, as well as in the scriptural forms.

From every single written form, therefore, not only spiritual, mental and physical essence must radiate, but it must also be possible through the written form to connect with the corresponding spiritual being, with the corresponding soul complex, with the corresponding body world.

Since further the world surrounding us, in which we are now once, is spatially three-dimensional, so some signs of a writing corresponding to the reality must be also three-dimensional signs, space signs.

Because direction and movement and power continue to show themselves in the world around us, some signs of genuine holy scripture must also be designed to indicate directions, movements and powers.

Since further without question the world mass appears in several materialization processes, also these der-...

materialization processes somehow be indicated in the genuine holy scripture.

Thus we know what we can and must expect and demand from a genuine holy scripture: In the very essence of Scripture, in Scripture form and Scripture form order, there must be contained all that which we consider above to be absolutely necessary in order to be able to address such Scripture as true, "holy" Scripture.

Then a genuine holy scripture must not only bear witness to what is and goes on in the space of the worlds, **but it must also be able to bear witness anew in the space of all worlds on the basis of the powers existing in its scriptural forms.**

This is the meaning of the word "Holy Scripture." -

A collection of stories, parables, legends and fairy tales can therefore never be a "holy scripture" fine and who nevertheless believes this, moves either in imposed thinking circles or in self-created suggestions and proves with it only that he does not possess the highest gift of the father of all things and beings, an own thinking ability, certainly or respects very little.

The term "holy scripture" emphasizes the essence of these scriptural characters. But those who cannot or do not even want to become clear about the essence of the term "holy" (helig) do not have the right to judge what is **holy,** nor do they have the right to determine which scripture is a holy scripture fei.

Sacred Speeches.

What is true of genuine sacred scripture is also true of sacred language. As well as there can be only one true holy scripture, there is also only one true holy language.

The holy script and the holy language belong together. All the same, which is expressed by the characters of the holy scripture in form forces and generating, all the same must also be able to be put into effect in a holy language by sound forces.

In the sacred language we have the sacred scripture before us as it is spatially expressed in phonetic formations. In the sacred language, therefore, we can see the sacred scripture from speak. In the sacred language, the essence and power of the sacred scripture is put into effect on another level.

If the holy scripture corresponds to all levels of existence and conditions in the spatial world of fine- and coarse-material conditions, then we are able by the real holy language to build further power-worlds into all worlds, to select powers of the worlds, to summarize them, to transform them and to bring them into effect, on the way to materialization or dematerialization.

Everything that is un-spoken and present through the real holy scripture can be spoken out through the real holy **language.**

Thus, genuine sacred scripture and genuine sacred language are one, but effective on different levels. - From all these findings we come to the conclusion that a sacred language can only be found where the sacred Scripture is also present.

Sacred Action.

The third thing that belongs to sacred scripture and sacred speech is sacred action.

Everything that can be grasped in the genuine sacred Scripture and further put into effect by the genuine sacred Word, only becomes a sacred deed **thing** through the sacred deed.

If the holy scripture, the holy language and the holy deed cooperate in the emergence of a deed-thing, then only then the (deed-)thing presented in substance and form is holy, self-generating, bringing blessings, radiating salvation.

So the foundation, the basic essence of salvation is:

1.The sacred scripture
2. The sacred language
3. The sacred deed

} **Result: The Holy Action-cause** { **Salvation**

Salvation is also the whole world-embracing, far-reaching, resting in God.

So what is the holy deed?
The holy scripture consists in line forms, scripture forms, sign forms.
The holy language consists in sound forms, which go with the Dild-Forms of the holy writing one each. The holy deed, however, consists in a shaping of the body, in which the dild of the characters and the

Sound currents and the vibrations of language are brought to **action**!

The holy scriptures convey salvation-thinking.
The sacred language translates the thought into power.
The holy deed forms the power and sends it out through
corresponding body position in the runic exercise.

By these corresponding body positions with simultaneous thinking and uttering of that which is present in the holy scripture, the human being himself becomes spiritually, mentally and physically rune, key to all spirits, beings, spheres, forces and forms of being and the world. Only then the deed prospers, if he proceeds in this way on the whole way, on the holy way, from the holy way.

To proceed in harmony with the way of creation means to create and to create and to radiate successful happiness. To create contrary to the way of creation and without guidance and without wanting to be the key oneself, means to create misery for oneself. Thus nothing can succeed, nothing can be happy. And if in the play of the forces of nature and the environment something "succeeds", then all this is not self-acquired, it begets as it wants and can soon be lost.

Genuine and perpetuating in eternity are only the facts produced in the unity of the genuine holy scripture, the genuine holy language and the genuine holy deed. They are the salvation, the whole, the helping, the unifying, the promoting deeds.

False and misery perpetuating, even if at first perhaps appearing brilliant, are the false deed things planted by men in the world, which carry the fall (therefore "false") the destruction in themselves, because they represent a fall from the way of formation, which is laid down in the genuine holy scripture, the genuine holy language, the genuine holy deed from the beginning of the world by God himself in unchangeable laws.

We have to adapt, empathize, settle into the way of directing the events, into the order of materialization and dematerialization, as a God shows it to us, and we have to take the directing and order as an example.

"Man thinks and God directs". - God directs on certain ways and in certain order. Holy runes work in the wave-space of the ether, holy language works rhythmically in the am-space in connections of some kind, holy deed couples in rune-exercises ether and matter to the through-spiritual willed generating deed! -

Thinking alone does not do it; directing, directing oneself and the forces as God directs, that is the only right thing, that leads to success via the holy scripture, via the holy language, via the holy deed to **salvation.**

3x3=9

The trinity of salvation in scripture, speech and deed, must also be reflected in each individual value of salvation.
Thus, the genuine holy scripture must have three basic values.
These three core values must correspond to the world's core values. These three core values are:

1. Direction	**Spirit**
2. Space value	**Soul**
3. Tension	**Matter.**

Likewise, the sacred language must have three basic values. These three values are:

1. Breath flow	**Spirit-direction-defining**
2. Vowel	**Soul-experience-confining**
3. Consonant	**Coupling and reshaping.**

Accordingly, the holy deed must also include and bring to fruition three basic values. The three values are:

1. Position	**Space-direction-defining**
2. Motion	**Space-directions-mixing**
3. Transformation / Emanation	**Active / prevailing.**

Among all nine values, the three values under 1. are related and have relationship with the holy scripture. The three values under 2. have relations to holy speech and the three values under 3. have relations to holy action. For example, as in the 1st stages the spirit is expressed, so in the 2nd stage the soul is expressed and in the 3rd stages the substance is expressed.

All nine values combined form the Ennead of Mothers, the one Mother, who gives birth to all.

Where find we the real holy scripture?

As we have seen, a true holy scripture must prove that it is holy by the image of its characters.

A true holy scripture must first be a directional scripture. The essence of the direction must stand out. In space, the spiritual values of being are expressed in the direction.

The basic structure of all life is the spiritual. Everything has originated once from spiritual. Since the direction is the basic framework of all being, a genuine holy scripture must therefore first of all be a framework scripture.

What somehow is, what somehow has a "being", that also has a certain framework. A framework consists of beams. As every house has a framework in its beams and girders, as the construction of the human body has a framework in its bone framework, as in the wide universe the directions in space are the power framework of the whole world construction, so also a real holy script must be a framework script, a beam script, at least in a whole number of its characters.

The image of a scaffold script, a bar script, however, offers to the full extent the Germanic runic script.

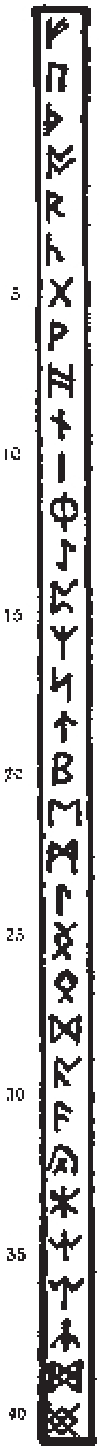
Like no other script, it excellently, simply and clearly, shows directional values in the forms of many characters. The whole runic script consists of scaffolding bars.

What a true sacred writing must then further express are the spatial values. These are clearly indicated in the angles in which the bars of the runes run. Tension values are again indicated in other forms of the Germanic runes.

But also the movement effective in the universe in all relations and their forces and with it the different stages of the Derstofflichungsvorgang must be indicated in the writing of a holy writing and round the whole picture. We find these values also indicated in the Germanic runes.

What finally unites all values of the only holy scripture lying before us here in the runes to the wholeness of the representation of God, heaven and earth, that is the **order of the** runes.

In this way, the structure and the essence of the sanctuary of all humanity emerges before us again, long withheld from us,



the real holy scripture in the linen rows of the Teutons.

Thus, the runic series of the Germanic peoples are more than like mere series of writing, they hold the sacred stamps with which a living God imprints the world and life and the phenomena of life.

Only when we have recognized the runes as a true holy scripture, as it has been clearly marked here according to the situation, we will also be able to judge other scriptures as what they are.

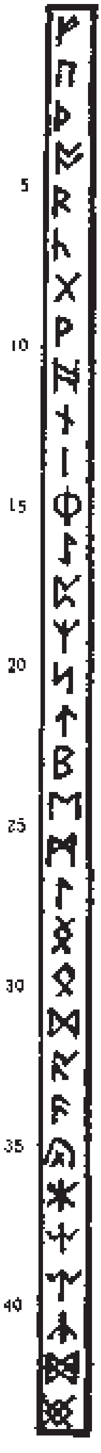
The forms of the runic writing prove that all other writings of the earth and of all times descend from the Germanic runic writing, were probably formed at the beginning by rune-knowing Teutons, but with the time and since the Teutons were no longer the priests, teachers and kings of southern, eastern and western parts of the earth, they went wild and fell prey to the changes, as they were caused by the writing material and the An-Reason.

Also we find that all other writings, besides the changes caused by ignorance and writing material, have only partial areas, guiding values of the real sacred writing, guiding values of the runic writing as a basis, if any still exists.

Thus, for all these and several other important reasons, the citation of which is simply not possible within the scope of this work, we have no hope of finding the genuine sacred Scriptures among the people of Egypt, Palestine, Mesopotamia, Phoenicia, Greece, Italy, or in Africa, Asia, and America, or elsewhere.

We would search in vain, because we would never find more than like fragmented and corrupted Germanic written material. We therefore turn away from the south, which has deceived us over and over again, and turn to the ar- homeland of mankind, the ar- source of all genuine culture, the holy north. - Here in the north, there, where the waves of the starry sky and of the universe crash in purest form against the forward-storming globe, the true, the immediate, the God-given, the all-opening key must also be found, the All-Rune, the All-Rune, the Scripture which conceals everything, but also unlocks everything, the one, true, genuine, holy Scripture. But this is, as we have seen and will see further today, still and only available in the Germanic runic writing.

"Truth may be suppressed, but it cannot be killed, and God cannot be mocked." A tremendous shameful world deception prevails today. What has been praised as holy scripture is not "holy scripture" and has been used for unholy purposes for thousands of years. What the world deceivers have achieved with it, we can see in today's conditions. The word of their own Bible: "By their works you shall know them! judges them. Races have been murdered, peoples have been trampled underfoot, souls have been lost.



The best spiritual people were forced down and the scum of hell was put on the throne. In distress and despair, lied to, deceived and disinherited of all spiritual, mental and material values, the brother fights against the brother. These are the successes of those circles who boldly claim that they are in possession of the Holy Scriptures, but have not yet proven it.
But we will prove that everything is a lie and deceit was that they never knew the true holy scripture and its essence at all and we will resurrect the only true holy scripture, reawakened from the heritage of our ancestors.
And we will make the real holy scripture, the real holy language and the real holy and conscious deed work again for the rebirth and strengthening of those who are not yet rotten and who have not yet been born. who are still to be saved for the coming kingdom of light of mankind.

"Holy runes! You will teach us again the song of true love, of the pure will, and of the true strength! The world shall recover on you, strengthen or become rubble!"

Summary:

In the preceding chapters, the way of God's creation is characterized; the plan of creation in the runes as writing, the act of creation in the runic language and the learning material lightning processes along the planful guided rhythms to the material form as outer Ab-picture of the nnen cherished plan. The real sacred writing w e recognized in the runes of our ancestors. How they used the sacred language and practiced the runes physically, w e will still learn.

As great and spirit- and world-encompassing this idea is, which ner is expressed in the runic spirit - it has been shaped by our ancestors, and no other people or race on earth has ever been able to convey in such simple and clear form the nature and ways of God in Being and in creation and to establish it as a path of creation to be consciously followed by human beings. -

The recognized characterizes the Er-Adept as the Knower but also as the Capable!

In the future, we want to take this path of knowledge up to knowing and being able step by step again!

Racial Spirits / Racial Souls / Racial Bodies.

The fight for your incorporation. Masked demons.

That different races of men inhabit the earth no reasonable man disputes. That there has been a Germanic race since ancient times and that it still exists today is always denied by those people and circles who want to destroy this Germanic race and yet parasitize on it. Whoever today lets it be known that he is a conscious Teuton, will be a sign to all circles of parasites that he is a Teuton. and traders with it suspicious. The awakening of Germanicism is to be prevented as far as possible. Church, university, civil service and economic apparatus work with all their might to steal the ger- manic consciousness from the Germanic people, but they all live on the spiritual, mental and personal values of the Germanic race. A layer of robber elements, invaded from the south, has ruled Europe for about 1200 years and found Judases and traitors everywhere among the Germanic peoples. Through a secured position, through titles and dignities and good connections, these circles are influenced in such a way that in them the shame about their betrayal of free Germanicism and of the Germanic peoples can no longer arise. Roch more: They despise and ridicule the trampled down Germanic people and mock the spiritual, mental and physical values of the Germanic race and see an "honor" and their "efficiency" in exploiting and exploiting these spiritual, mental and physical values for their clients.

All thinking spirits of all centuries, since Charles the Teuton Butcher, have more or less clearly recognized. At all times it was not easy to come to this realization, because the brain contamination by all possible "isms" is carried out by the southern circles and their accomplices systematically and with all means of persuasion as well as with all material, church and state means of power.

The very special spiritual, mental and physical values of the Teutons are nevertheless recognized from time to time in public. But always only when it is necessary to protect under a false flag certain interests of southern circles and their accomplices. Today, in the time, in which the southern circles believe themselves completely at the goal, it is simply denied that a Germanic race exists at all. Handhabe for it offer them certain paid works, so-called. "The fact that as a result of the race manschpolitik of the churches and as a result of certain cosmic constellations the outer form of the Germanic race bodies changed in some features.

And yet the ever increasing progress of the racial idea among the masses of the Germanic peoples proves that under the shell there is a spiritual and mental consciousness of a racial kind. More and more the Germanic man becomes aware of how outstanding in essence as well as in value is his spiritual, mental and personal peculiarity. The feeling of intrinsic value is coming more and more to the Germanic man's consciousness again, and what was suppressed and suppressed for 1300 years is now emerging as the only great danger before the organized riffraff of the globe. Roughly all directions are tried to invent and apply captivating ideas. All the national, ecclesiastical, political and other efforts, however hot they maybe , will not be able to prevent the Germanic race from awakening and blowing out the life-light of all the parasites. What will come is only a question of time, and indeed of the next time.

Now, just as the Germanic race possesses certain and special spiritual, mental and physical qualities and values, so also every other race has its special spiritual, mental and physical qualities and values. But these qualities and values are of a lower, undeveloped kind or have an effect in other areas.

In the world of the material bondage the body of every human being stands before us racy more or less indicating which Rasfen spirit stands behind this body.

One usually refers to the bodies of all people belonging to a race in their entirety as racial bodies.

Behind this racial body, behind the body of each racial man, the common racial geisi works. The racial geisi in its different Äb types splits itself, according to the tasks of the racial spirit (as light is divided into colors through a prism) into the tribal (folk) spirits. Where a further division is necessary in the tasks or by the relations, there the tribal spirit still divides into the family spirits (sippen spirits). In the individual man the I is the expression of the race spirit.

The lever of the race spirit, the earthly-magnetic mirror, whose effect also builds up the bodies of the race man, is the race soul, again comprehensible in tribe soul (people soul, in a real people the people are all of one tribe), family soul and individual soul. The race spirits now guide out of the space forces of the universe via the race soul and its sub-stages the actions of the tools, i.e. the human bodies, to man either consciously or unconsciously, and indeed the Germanic race spirit guides via the Germanic soul the bodies of the Germanic race built by this soul.

Each race geisi lives as long as also the universe exists and has an effect not only via race human souls on human bodies, but also via animal and plant or stone souls on animal bodies, plant bodies or the bodies of minerals. The main point for us is that millions of years ago our race spirit succeeded in organizing more and more subtle bodies in development up to the human body, so that only in this human body a conscious reflection of the race spirit was possible, and that now the human being no longer only libidinously, but also fully consciously and self-superiorly and self-decisively, can put himself in the service of his race spirit and thus spiritually merge himself again with the race spirit. Thus he attains the freedom in rebirths to bind himself consciously and freely to an earthly body for the fulfillment of spiritual tasks (old Germanic Christ-idea) or to merge with the race spirit beyond the level of materialization.

The way to eternity and to God or in God is therefore conscious service in oneness with the will of the race spirit.

Becoming / being and to be the Race Spirit.

As long as the universe exists and the world exists, so long there are also, seen from a God-center, opposite spaces. From these opposing spaces, the racial spirits are formed out of direction and opposition. A mixture of racial people of one race with racial people of the other race, serving the further development of human beings, can therefore never lead to closeness to God or to the highest development (which is the same thing), but only to a setback, which results in the verticalization according to eternally unchangeable laws.

Therefore, a higher race can never be bred or a finer human soul formed by mixing the races. Capability is a fitness which must have grown, must have been formed by its own development from life to life. Everything, but also everything, **must be self-acquired. Self-acquired is only that which one has acquired as one's own physical ancestor!** Only in this way can one inherit that which has been acquired in physical organization and training, which is also suitable for one's own development. By mixing the races, the incorporated cosmic direction is lost, thus also the race spirit and with it the drive for development. The feeling, which must be rooted in cosmic spaces, becomes chaotic. Every spiritual and mental value is an ability and aptitude achieved by breeding, which must grow, must be finely formed by its own becoming. And the same spirituality and the same mental disposition always drives the spirits to rebirth in the family, in the clan, or in the people who physically live up to the same direction and vibration.

There is no other way of development to God, no other way of salvation. Of course, one must believe that being in God, a finite salvation is possible. This can greatly increase the spiritual drive. "But not those enter the kingdom of heaven who
"Saying "Lord, Lord," but doing the will of the Father in heaven."

(the will of the racial spirit in space). So, not only the believing, but the striving people will be redeemed from the compulsion, from the developmental series of rebirths, by redeeming themselves in faith, in hope, in the certainty of this redemption and by consciously submitting to the tasks and the works of the race spirit, the Father in heaven, in service to God, to the brother, to the sister and to themselves.

On the Reincarnation-processes.

As already mentioned, the lever through which the racial spirit of a race builds, guides and influences the body is the soul. From the moment when the soul is a perfect switch to the racial spirit, one can also speak of a mature racial soul. If the soul is this perfect switching mechanism, then it is possible for the race spirit to form its high thought waves also in the glands of the brain and the body to such matter that the idea, that the will of the race spirit can be fully experienced by the human being and self-consciously during his life on earth.

Run, basically, all race spirits are probably of equal value. But not all race spirits have at the same time highly developed race souls and race bodies on the earth available. Cosmic conditions (star constellations) favor the secretory work of the glands and the reproduction and the body development of one race at one time and of the other race at another time. Earth catastrophes can often destroy millions of race bodies in changes of the climate, in ice ages and floods. Thus, many evolved racial souls lose the possibility to continue their natural rebirth series (within the family, or the people, or the race). They are forced to incarnate in another family, people or race, and if that is not possible, in a raceless mongrel body. (You descendants of the Germanic people who immigrated to America get an Indian-like type in the 3rd and 4th generation). They follow the law of the greatest possible

The reincarnating soul connects with the sensation complex of the parents and all three soul complexes of the two parents and the parents' sensation complex in the minute of procreation. The reincarnating soul connects itself with the sensation complex of the parents, imparts to them in the procreation minute an extended alle sensation and all three soul complexes, that of the two parents and that of the child are switched over in the direction of the formation of a new physical body.

When people embrace each other in love, it is always possible for a soul, which is ready for incarnation, to connect with the sensation complex of the parents. But if it comes to a procreation, then the gene basis of the later born human being corresponds to the sensations which animated the parents in the procreation minute. The less spiritual and mental hereditary material is present in the procreators, the less the procreators are able to develop their feelings spatially and directionally, the less racial spirits can participate in the procreation, the more likely a human being coming from the lowest spiritual and mental regions will come to embodiment.

Not only once, but several times in his life the human being, whose intellect is highly enough developed, is inwardly confronted with the question whether he wants to develop spiritually in the direction of the eternal, divine or not. Whenever this question knocks, seriously, urgently, inexorably, it is the race spirit, it is also the bodiless relatives, the ancestors, who urge to one's own rebirth and want to know here whether the human being in the rebirth chain also wants to repay what he was also helped to, the opportunity for rebirth, for further spiritual, mental and physical development.

But also other bodiless people approach the higher developed man, especially the race man, and try to influence him in such a way that he builds a body for them. For this purpose they introduce to the race man persons of the other sex, who often do not even know by whom they are driven, and thus try to come to the incorporation. Most susceptible to such a

Influence is always the female sex and of course the sensation complex which is the finest and most receptive, the sensation complex of the highly racial Germanic female racial body. Even then, however, when there is no procreation, which is often due to the opposition in the souls of racially different people (or when it is prevented due to otherworldly influence), the other-race or mixed-race man takes over so many vibrations from the aura, the soul complex of the high-breed female, that when he subsequently proceeds to an embrace with a female of his race or mixed race, he provides the child now conceived at least with the appearance and the external characteristics of the higher Germanic race. For the direction and the strength of the currents in the aura (the soul complex) determine the glandular function (here therefore, because cunningly taken over, stolen) also of the child now conceived by lower race or mixed race couple ("wolves in sheep's clothing"). The disgraced Germanic woman, however, by the fact that she once became a slave to a mixed-race man, is so exposed to the further suggestions of mixed-race Leibfreier that in the future she is constantly in danger to bear children even to the finest race man, whose soul (Smpfindungskomplex) is so switched on that always Leibfreier of the mixed race can embody themselves ("changeling").

Now the situation becomes dangerous for highly developed races, when the intellect of the mixed-race people or the other-race peoples is so far developed that they can think through these manipulations and when they themselves consciously adjust themselves with their will to the favoring of these body-free people, who want to get hold of a body by the most shameful means at any price.

In the long run these demonic souls then populate the earth and have here on earth only the one endeavor to deny with all means the rebirth to the body-free of the race people. (The earth then "a field full of weeds").

The roots of political and economic events of today and yesterday.

In order to list and force for themselves always new rebirth, the mankind organizes itself, denies outwardly the rebirth doctrine and sets itself with cunning, Murder and violence in the possession of all values, also of the country areas of the race people, deny at all the existence of races where they break in, incite the race men against each other, make the women and girls of the race people poor and dependent, invent "religions" which preach boundless love and unreserved love to all people, They invent "religions" which preach boundless love and unreserved love for all men, no matter what stage of development and no matter what race or race , they create a literature and an art which already prematurely, before the clear mind has awakened and the clear feeling, arouse the drive for reproduction or for lust in the body of the female race men by constant stimulus of lust thoughts and work in such a way that they, the LInrat of the universe, secure rebirth without fail.

In the circle of the whole beginning belongs of course also that the science in the countries of the race people is taken over by the demon hordes. So these hordes, well-organized and all connected by one will, can not only put the well-developed brains of the race peoples into their service, but also themselves as advocates break up the marriages of the race people, as priests preach "love", as physicians poison the children with calf rider in the inoculation (so that the souls over the bodies become reversed to animal vibration and the brains become incapable of thinking) and subject the women and girls to their influence.

One of the worst things is that the scum of the earth tries to achieve it here and partly also achieves it, that people, who in themselves were highly developed racial spirit bearers already in former life and as body free had to embody themselves forcedly in a low-bred or mixed-breed body now, that they believe that they are with the organized mixed-breed demon of one spirit. A terrible mental discord is the consequence here with most people who, feeling and knowing about soul value and spiritual journey and final goal, stand between the Rasfen spirit and the demon gear and in most cases feel obliged to the organized demon alliance, because this alliance has in its possession the goods of the earth, although stolen or robbed from all race peoples, and has "educated" them as tools already from youth. - Thus even many of those race-spirit-conscious people, who once came to earth as bodiless, in order to keep their Rasfengeist, even if in a manschblütigen

Body to serve, subtracted from their task once taken. -

Even if these once highly developed race-spiritual spirits in the mixed-race body are not able (not to be able - they cannot receive, not to receive spiritual things) to receive spiritual things from primal sources, they have nevertheless a mobility and luminosity of intellect that they can intellectually accomplish quite a lot, but above all they can intellectually evaluate well what race-people receive spiritually.

Since the demon league further puts all earthly means at their disposal, these highly developed spirits as tools of the demon league come to "authority" and high "honors" and in later rebirths often come into the position to fight the same thing which they once set up as a postulate and to suffer from the same conditions which they once created themselves. - If they have not been so hollowed out in this life that they must remain forever in the circle of demons.

To summarize the above, there are a few more things to be said with regard to the "New Testament" in particular.

The writers of the four gospels of the "New Testament" stood on the **racial standpoint.** They laid down in their testaments what they actually regarded as genuine Christianity: return to racial breeding. It makes no difference whether Jesus Christ really said what is attributed to him. Later, the priestly circles that came to power also made falsifications and insertions. Today the organized mixed race abuses the Germanic Christ idea for their low aims and purposes with a pious look. Since time immemorial every high idea has been turned into its opposite. Later the priestly circles, representing the Manschmenschen idea as they came to power, have reinterpreted everything and trampled it into the mud.

The Father, of whom Jesus Christ speaks according to the Bible, "the Father who sent me" and "I and the Father are one" is the racial spirit, which in and through the figure of the Germanic designed "Heliand" of the Bible works. The "Otterngezücht" is the horde of the demonic-intellectually adjusted all-parasites.

The "wolves in sheep's clothing" are the all-parasites, the demon-intellectually minded people who are have got hold of a "sheepskin", a halfway good race body.

The "weeds among the wheat" are the racially consciously or unconsciously begotten Manschmenschen.

When it says "it would be better if you had not been born," it was about unracially begotten people.

When it says "weep not for me, but for yourselves and your children," it means that mixed-race procreation continues in the children.

Hundreds of sayings could be cited in this way. Today's churches, however, must interpret these passages differently, because all churches and sects are hostile to racial breeding.

A church and sect that preaches the Christ, that is, the racial idea, does not exist today. But it is also said that Christ will come again from the "clouds of heaven". And by means of runic lore, the Christ idea, the race idea, will come again out of space and power waves.

As God everywhere in all religious writings of mankind the Rasssn-Jdee is called, as the will of the Father in heaven, the will of the racial spirit, which indeed works from the directions in the heavenly space.

However, the idea that fights against the Father in heaven, against the race idea, is always called the devil. So whoever fights against the race idea is in league with the devil. -

I am using the expressions of the churches and sects here. They say that they serve God and fight the devil. But whom they serve, according to the content and meaning of the gospels and all the situation, now every reader may think about it and decide for himself.

Mush-men, politicians / dependent academics and priests will always fight Runic knowledge.

It will now be clear to all of us, after the preceding explanations, which could only say the most necessary things, that neither from foreign races nor from mixed races nor from the circles of dependent scientists can the knowledge of the Germanic race, the knowledge of the runes, be expected. Only from the Germanic people themselves and only in the hearts and brains of those people who, uneducated by southern training, have preserved their Germanic feeling and have continued their intellectual development.

The knowledge of the runes of the ancestors can be resurrected if the people of the future are allowed to take the runes into their own hands under the guidance of the Germanic racial spirit.

With the publication of this rune knowledge it is also not at all important that now explosively a new situation, a new world view is created. Much more important is the long-distance effect and the permanent, all people to grown conversion forcing effect. Only the grown effect guarantees further maturation and the final unchallengeable existence of the Germanic age, newly founded on the runic knowledge of our ancestors, emerging again from the inheritance memory of the race people on the whole earth, when the key wave sounds.

And in the future, we will make sure that this wave will go out into millions of human hearts and brains.

We will not only speak, we will not only write, we will not only think, we will also set in motion the forces of heaven and fetch from heaven what is to establish order on earth in the name of the Father!

Where our father's heritage remained.

Theft of runes and extermination of runic people.

The Germanic tribes had a rich literature before the invasion of the Manchmen. This was written in runes. Also the educated Romans stationed at the Rhine for a time used this runic writing, as is proved.

As Charles, the Germanic murderer, had brought Germany up to the Elbe into his hands, bloody also from the murder of his own brother, this bloodhound of world history also lent to collect all the literature of the Germanic tribes, as the historians, dependent on church and state, want to tell us with important mien, out of "piety" and "sense of art". Thus, the literature of the Germanic tribes was compulsorily collected from all over Germania under the threat of death and in exchange for favors. Thus came into the hands of Charles the Germanic murderer, over 4000 volumes of Germanic writings. After the death of Charles, all the writings were collected on the advice of Roman priests by "Ludwig the

Frommen", a successor of Charles, burned in the open market and thus destroyed forever.

Central Europe and England were Arian Christian before the appearance of the Roman agent Bonisazius, and Arian Christian bishops were demonstrably officiating in England in the 5th century. Moreover, Central and Northern Europe had experienced a reformation of the religion of Wotans around about 3OO year before our era and was, if one starts from the religious point of view, rather Christian than as Jesus of Nazareth (there was at that time around the year 0 no place with name Nazareth at all!) as itinerant orator began to teach what was in Europe faith building and holy mystery since ever.

As the Roman Church, a continuation of the Jewish Church and intended as a missionary church for the Jewish conception of God, came to power in Germany, the use of runes was made punishable by death. In addition, every Germanic man and woman was obliged to hand over to the Roman priest all documents and objects that bore runes. Whoever helped with this collection work and betrayed owners of such objects, was given the property of the betrayed. In place of the Germanic schools and universities (Ulm, Cologne, Uppsala, etc.) monastic schools were established, in which only the children of the Roman hangers-on were taught. That the Roman priests were anything but learned people can be seen from the fact that Swedish peasants taught the Roman priests and monks how to write. So there are all the signs that the wave which the Roman Church unloaded over Europe at that time had in many respects a very great resemblance to the Bolshevik wave which has now been brought to Russia.

In the "collection" of older Germanic writings the Roman church never stopped. Irreplaceable treasures of runestones are still stored in the underground passages and cellars of some churches and monasteries and especially in the Vatican. The collecting activity was later taken over by the Jews, who for this reason also liked to "Antiquaries" continued. Partly even Germanic initiates had to transcribe important written material (the Kabbalah etc.) into Hebrew writing and language, in order to save this valuable property from Rome. The Hebrew writing and language was not forbidden! This is how in Cologne the Germanic Kabbalah came to be stored in the underground library of the Jewish synagogue and later reappeared as "Jewish Kabbalah" in Spain and North Africa. (Compare the writings of Guido von List).

We need not be surprised, therefore, from all the explanations given above, if we find so few written documents today that bear witness to the spiritual life of our ancestors. Everything that once belonged to us has been destroyed or stolen. Our ancestors should be prevented from speaking to us. We should be prevented from making comparisons. Moreover, through these documents, the thieves and collectors hoped to gain insight into the level of knowledge and effective magic of our ancestors, which they partly succeeded in doing. Then this property stolen from us gave later after all the opportunity to amaze the Teutons with alleged wisdoms of the southerners (like with the wrongly understood theory of relativity). What one found in the stolen and robbed Germanic writings, that was then all at once "Jewish spiritual property" or "Indian seer knowledge" or it came directly from - "Solomon"!

The Roman Church also "took over" in the "noble competition" what it could utilize. Fair action and liturgy were "introduced" in such a way. (The old Teutons wrote their reds also in runes.) Even the Christian calendar was copied from the Germanic calendar. Rur the Germanic gods and saints were converted - (but about it later), as also the holy mountains and places of the Teutons were occupied by the church with seizure and among other things, the magical runes walk around the fields became Corpus Christi procession.

What to consider when reading Roman saint legends.

If the Germanic literature was systematically destroyed in Central Europe, the oral tradition was not eliminated. In lousy fairy tales and legends, in which Wotan was cleverly replaced by Christ or some saint of the Roman church, the Germanic God-connectedness lived on. Initially, it was impossible for Rome to intervene against this red herring of the Germanic tribes. Later, however, the church intervened against the minstrelsy for the time being and destroyed the last knowledgeable ones in the Jnquisition period ("burning of witches and sorcerers"), after previously the

"Crusades" had done their duty as misguided murder campaigns.

The emergence of the Edda

In the north of Europe, in Sweden, Norway and England, but especially from Iceland, far away from Rome, the Germanic faith lasted longest. Also Nom there left the Roman priests, especially high up in the north, cautiously and wisely more freedom. Thus it happened that an Icelandic clergyman was able to publish a collection of old Germanic songs and sayings, which was later supplemented. This collection of writings is called the "Edda". The time when this collection was written is, according to our era , 1150-1220, then around 1270 and then (in the Arnamagnaean Codex) around 1300. This collection of older Germanic writing (also in the Codex regius) is written throughout in Icelandic language dialect. The way in which it was written down, the spelling and the undoubted spelling mistakes indicate, however, that partly older writings were copied, but partly also written out what was orally said to the scribe and often no longer understood. On the other hand, however, thoughts were also brought in by the scribe to prevent unpleasantness with the superiors of the church.

Without question the content of the Edda is much older than the writing and not to be dismissed is the thought that the copyists already changed the sense of the writing because they did not understand the much older texts and words.

Thus, with all the importance, with all the high knowledge that the Edda imparts to us, still some songs are to be taken with caution. In addition, the translation makes great difficulties, and despite the fact that for centuries (since the 17th century) translators dared in large numbers and with great diligence to translate the Edda, in my opinion, the Edda is still not translated correctly. The reason is that the Edda can only be understood if the translator has a comprehensive knowledge of the nuns. However, all previous Edda translators have not possessed this nun knowledge. Let us hope that after the publication of those volumes of the Rune Library which explain the essence of the runes, a

A circle of knowledge is formed, from which also an unquestionable translator of the Edda arises.

Runes / runic knowledge and Germanic mysteries were preserved under other names.

Now for the runes themselves.

In Germany, they had disappeared or were not allowed to be seen. There were the orders of knights, there were the guilds, which hid the runes in coats of arms and house marks. The German craftsmen of the Dauhütten, however, formed in perfect rune temples ("They alone have the right measure" wrote a Roman pope) from stone hymns of praise to the Germanic god. (Freiburg Cathedral, Cologne Cathedral, Milan Cathedral , etc.) But the people spoke of the "Christian churches". But the Germanic runes appeared also in the general building of houses, namely in the "half-timbering". Tens of thousands of rune houses still bear witness today to the belief in the god of the Germanic peoples. When the Roman church got behind this prank and started to forbid the building of rune houses in upper right Rhenish areas, it was too late. Roch in the last decades before the war 1914-1918, however, was tried again by certain circles, here the German people to gum up the eyes. In all anti-people circles, the slogan was issued to ensure that the "half-timbered houses" were plastered. These houses became dangerous as evidence of Germanic culture. They talked too much, because at the turn of the century runic fakers with runic books appeared on the scene. We have already seen to it that many a valuable talking rune house is again freed from the "plaster", we will also see to it that this continues to happen, that new rune houses arise again and that also the eyes of the German people become clear again. However, we know that we cannot count on the lodge-pious "architects" in our efforts. - The more so, as also the state " ruling" under southern thought decades ago in "Building regulations" has issued provisions to limit the "half-timbered" construction. - Allegedly because the half-timbered houses should be too little load-bearing.- Sonderbar. - To 500 years and longer stand today the rune houses, bulky cabinets with linen and white stuff, warehouses of metal masses, thousands of hundredweight of grain weighed in these houses even when they were quite old. Today, all of a sudden, the "half-timbered" building should no longer be sustainable? Is there not enough money in half-timbered construction? Do the "architects" who approved of these "laws" no longer have the right measure, the knowledge of statics and materials as the "simple carpenters" of the Germanic building lodges once had? Or do they want to stop the building of rune houses by all means? !

Instead, we and posterity are presented with soulless buildings in all possible and impossible Babylonian architectural styles.

"Styles", throws into the cities blocks of iron and cement and dissects the cities and the people who live in them. But the machines, into which the people are to be made here, will once crush the mammon princes and their venal slave owners. - Laws of nature are inexorable.

More than 4000 runestones in Scandinavia.

In the Nordic countries of Denmark, Sweden and Norway to the present time is a rich material preserved in more than 4000 runestones, but they mostly represent gravestones. Important news about the Germanic prehistory these rune stones have not yet

The inscriptions are usually limited to the name of the deceased, the family, and in some cases the person who placed the stone. Throughout, all the stones are from the Christian era, although from a time when the Roman Church did not yet have the power to forbid writing in runes in these lands.

Important witnesses of Germanic prehistory.

In the Swedish countryside of Dohuslän in particular, a whole series of pictorial representations has been discovered, which have been engraved in the surface of the outcropping granite rocks in areas that are little inhabited today. Some researchers believe that the drawings were made in the following way. The makers of these documents spread a layer of clay or loam on these large stone surfaces. The drawing was then lifted out of the clay, so that here the stone lay bare, then large fires were lit on the stones and at the bare places with the embers the granite was so friable that it was then afterwards easy to deepen the drawing here. Almost every year brings new finds.

It is now succeeded by astronomical measurements and calculations to determine the age of these drawings in several cases. As known, our fixed stars are in truth not stationary stars. On the contrary, they have a movement, even if seen from the earth, small. Now one found on these stones also the constellation of the "Great Bear" (the celestial chariot), which circles constantly over the pole, several times. But conspicuous was, with the same number of stars, the changed image of the big bear. To the big surprise of all experts it turned out that in these pictures the proper movement of the fixed stars, which takes place in different directions and in different speed in the constellation of the big bear, was exactly determined stage by stage **and it "turns out" that the oldest drawing is about 220000 (two hundred and twenty thousand) years old!**

Yes, yes! Stones talk stones prove, punish today those
Lies, those people and circles who impose on us Germanic people the stories of a 6000 year old world event with blood and murder and sweet talk. The Dohusläner stones prove that the "family tree" of Jesus Christ, that the "family tree" of the Jewish people is a swindle, which marks the narrow-mindedness of its originators as well as the fact that despite these findings in Dohuslän today still our children in school, today still the adult Germanic people in church are served these lies as "holy".

Space forbids to mention other very important rune finds at this point. The one mentioned here may suffice for the time being.

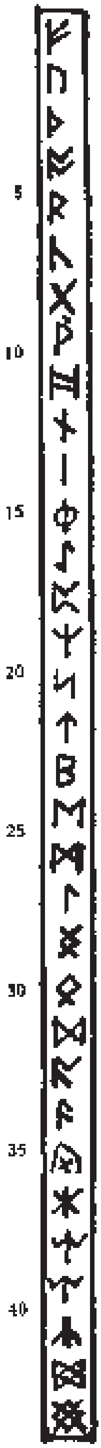
The human being's senses were not developed as in today's "culture man", in whom the outer senses are trained only on opportunities of robbery and outer appearance, but all senses, also the inner senses, of the human being were trained and in activity.

Every human being was a "whole" and on him also the universe and the life in this world and in the world of the forces, the sensation and the spirit worked as a wholeness. So also every single character was a wholeness.

The whole mental and spiritual attitude of man in Germanic times was religious. Our ancestors knew exactly that if this attitude existed, the material would form itself. Our ancestors did not know material red at all. The material red has brought us Germanic only the Manschvölker of the south together with an illusory religion.

Only when man began to tear himself apart, only when he began to feel in himself the spiritual rupture which is a consequence of racial mixture, he differentiated himself, one value or unvalue in himself fought against the other. Because he divided himself into parts, also the unity of the work (today called "administration" quite correctly) in all areas of the regulation of life was shattered. Therefore he had to divide the words into letters, as the whole life concerns into concerns of religion, politics and economy. That is why the alphabet appeared first in the business life, later also in the political life, and the priesthood preserved the word script for the longest time.

Today, some older characters still have "ramen". This ramen is the word that was associated with this sign in older times. Later, the sign was devalued to the point that it meant only one letter. Among many other scripts, the characters of the "Hebrew" script of the Greek script and the Germanic runic series still have "raines" today. But it is proved that the Hebrew writing represents a transposed devalued runic writing, a runic series which was transposed to the right, so that it is written now from the right to the left and that the Greek writing is also a transposed Germanic runic writing which was transposed to the left, so that it is written from the left to the right. As known, the Teutons wrote from top to bottom, because also the divine Ge-



The most spiritual direction, the direction from top to bottom, is the wave of thanksgiving and the direction of the formative forces.

The writing-signs of the Teutons, the runes, have of course changed in the times when they were in the hands of incomprehensible people and peoples, they became more complicated, more differentiated, they lost clarity, they were called "Hebrew" and "Greek" writing, but the order of the characters in the alphabet clearly proves that Germanic runes, run wild in the south, are here before us.

So in older times every single rune-sign was a word-sign, as we know it from the Chinese writing, which is nothing else than a Germanic rune-word-writing written in brush-writing-manner (it is even still the spelling "held from the top down"), can still be seen today.

On the outside, however, the difference between a letter script and a word script consists in the fact that in a letter script the individual values of the word are written next to each other, one after the other, while in a word script they are expressed either by placing the rune differently or by changing it, or by placing several runes on top of each other, so that a binder rune is created (as we call it among other things today in many of our house marks and coats of arms, in addition, still in the Chinese writing have, likewise in firm characters and in many symbols).

On the Nature of the Letter-Script.

The advantage of the letter writing is that also less educated races, peoples and people can easily learn its use. The disadvantage, however, is that through the use of alphabetic writing, people no longer learn the relationship chain of words and become superficial and can "think nothing more about a word". Thus, peoples who are accustomed to think in letters do not realize the essence and the relationship behind the word. The language becomes dead with the time, because it no longer symbol of the "expressed" is. In the language that thus becomes wild, in the "Word" no longer had the testifying and convincing power. The magic of the word was lost and the door was opened to lies and dissimulation, but also to unhappiness and decay.

In a word-writing the word is like a living body, which carries all characteristics of the body together, and holds closely connected and forms a picture, thus also pictorially forming works. - In a letter script, on the other hand, the living word is more or less killed by the fact that the word is separated into letters, dissected, placed one after the other.

In the word-writing, the word-sign much better captures the expressed essence, with one stroke. This can be expressed without question best by a word writing, because the individual essential features push into each other and fulfill each other. And it is precisely in this mutual temptation and fulfillment that the essential, the essence of life is revealed . That a word-writing is best able to express an essence, a thing, a thing, is probably clear.

"But how is it with a process, with an event?", some readers will probably ask. "The events run after each other, side by side, one after the other. For the designation of the events a letter writing would be better, because in the letter sequence the events can be reflected temporally better than in a connected sign".

There the answer must be that one can do justice to the events stored one after the other in time also by a word sequence. - But our ancestors did not put their main attention on the events, but on the being and the forces which work behind the events. On the basis of this attitude they foresaw the events. The events had to come, as true a s from an apple core with appropriate conditions an apple tree will grow.

Dynamic World - Dynamic Word.

The world of our ancestors was for them not so much a world of things and events, but rather a world with essential life, a world of forces, a dynamic world.

The language, like the writing of the Teutons, treat not so much the happening, the appearance, the event, but rather the essence, the spirit and the power, which "brought forth", "be- werk-stell-ten" these happenings, this event, the appearance of this event. Exactly so it was with the human-, animal- and thing-...

Names. In the names the being, which "expressed itself" here, thus outwardly in effect, in the substance in appearance, was marked.

So the world view of our ancestors was not a material, but an **essential,** a high spiritual world view and according to this spiritual world view also in word-writing was designated and in word-rune-form indicated which being-like forces were expressed here. In the unison with the word runes all wave and tension forces (we would say today) of cosmoenergetic (electromagnetic) kind, which correspond to the quality of the being, were present in the spoken word.

So the word was alive, a word of power, and by writing a certain rune, by thinking or speaking a certain word, one could form these powers oneself and consciously evoke the violent effects, events and formations. (Consider the word: "her-vor-rufen", this word proves what I say here. Consider further that the church often speaks of the "living word", but does not have it. But the important thing is that the Church does not reject magic). With this it is established that the language of the Teutons was a magic language and the Teutonic runes are magic signs, as far as both have been preserved to us still unaltered and we understand today why the Roman church persecuted the Teutonic runes, as well as the runecognizers (as "witches" and "sorcerers") "to the death". Because the runic language is created from the experience of the Germanic blood. The Germanic body with its high capacity for arousal, the special construction, its organs of speech, is the key and dangerous it is for mixed-race people to use the runic language.

The Germanic language was once a magic language, the word a magic-creating word. Much of this peculiarity of the Germanic language, the language of the gods, has been lost. However, many genuine runic words are still well present in our Germanic languages today, waiting for us to use them for our salvation and for the salvation of mankind.

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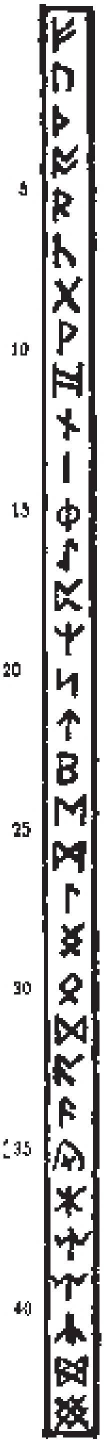
The Sacred Letter Rows of Mankind.

(See the rune table at the end of these books.)

Why the row order of runes is important.



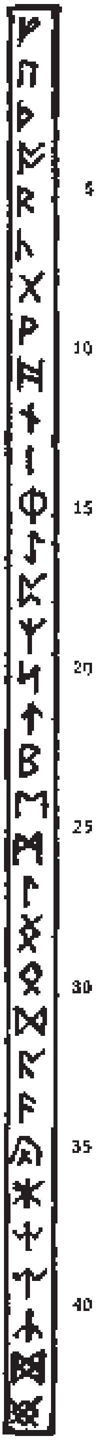
There are many "winged" words and comparisons, words which capture a factual situation and also not, and comparisons which go and often also limp. Thus, at the beginning of this century, I also got to know a "winged word" that read as follows:

Not the question decides:
"Bird where are you from?" but
the question:
"Bird how do you sing!"

The coiner of this "winged word" had overlooked one thing, namely that a crow cannot sing like a nightingale and that the song of a bird marks its descent and its species. Because thirty years ago and earlier and in the present time the terms and the views on the value of ancestry were wrong - we know that "ancestry" was and is measured by the father's money - today we have chaos everywhere.

A person's character and deeds, as we saw in previous sections, are always conditioned by his ancestry, by his lineage. "Nothing comes out of the bag that was not put in before."

It is the same with the culture of a race: it must be connected with the race. It is exactly the same with all written products, exactly the same with the language of a race. What is created here consists of single words which have in themselves a descent, a foundation, my are related to each other in a certain way and are mutually dependent. Culture, language and writing of a people and of a race must spring from an inherited wellspring o f experience that has grown in the blood of a race from generation to generation over hundreds of thousands of years. Otherwise it is not possible to speak of a culture-writing at all. and the duration of these values is then very much in question and with it also the existence of the race or the people.



Culture, religion and law, language and writing are not only manifestations of a mental state and experience, but also developers of this state and experience.
The first step is the transformation of the soul's experience into conscious spirituality.

Mental experience of any kind and depth, however, is an **experience of space and its forces, an experience of the environment. The** space and its forces, as well as the environment, may express themselves in different ways, may move in front of each other, may mix to special values of experience, but, as in a sphere of certain size and radius, an unchangeable-
If the same law exists in the relationships between radius , sphere circumference, sphere surface and mass, then also every language, every writing system, if both should actually live, thus should do justice to the experience, should do justice to the experienced space, the experienced forces, the experienced environment in the individual values of the sounds, the language and the writing. Only then the experienced can be expressed .

The single values themselves have to reflect the experienced nearer and further environment as a whole in a certain order and sequence. So the order of the letters and characters is important. There can be several sequences, depending on the field of the environment, which is to be designated.

The sequence of runic characters and sounds has now been preserved for us in a whole number of runes-Row en.

Such a series of runes is called **"Futhark"**, like the series of letters of the Mediterranean area after the first letter is called "Alphabet".

Old, new and today still used runes series.

Our rune table lists eleven rune series and two number rune series. The Frisian-Anglo-Saxon Futhark with 33 runes in England and the Swedish Futhark with 16 runes in Sweden are still in use. In Sweden, children still learn to write in runes at school.

The Futhark with 18 runes, which Guido von List sets up. based on the Havamal in the Edda (Wotans Runenkunde), has been compiled subsequently. Likewise, the Danish Futhark with 24 runes, the so-called "Waldemars-.

Runes" constructed afterwards to adapt the Germanic runes to the so-called, "Latin" alphabet.

A rune series, which however shows a high age, is the Danish Futhark with 16 runes. In these runes are also written most of the runestones in Denmark.

Also very old is the series of Helsing runes (Futhark with 16 runes), a series of runes whose writing has only the characteristic features of the corresponding runes and allows a shorthand.

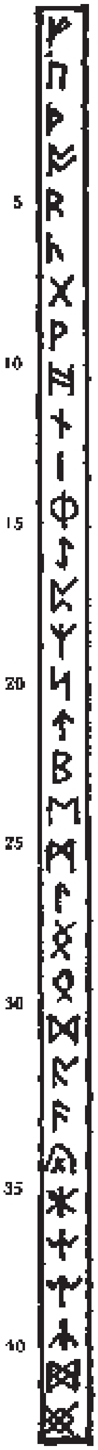
The other runic series are no longer in use, except in various Germanic confederations. The individual runic characters themselves, however, are still used today everywhere as magical signs and signs of salvation, namely by all churches, sects and parties, and there is probably no coat of arms, no house mark, no style, no symbol that did not come into being with the use of Germanic runes.

The Frisian-Anglo-Saxon rune series with 33 Runes.

This rune series is the longest of those rune series which were and are also used as script runes. Their great number, which far exceeds the Greek-Latin alphabet with 24 letters, should lead thoughtful researchers to the conclusion that a community of people, that a people, that a race, the 33 word characters were available to mark their IUmwell terms was more highly cultivated than like a culture that was content with 24 characters.

In spite of this large number of runes in this Futhark it is to be assumed that this Futhark perhaps adapted for its purpose, but nevertheless already according to my opinion an abbreviated Futhark represents, with actually on only 32 runes, and that a whole number of runes were removed from a longer rune row, and that so the 33ger rune row was formed. We are also able today to add again this rune series, but we must not treat then this rune series as writing and sound runes. That is to be done then still in another place.

The 33ger Futhark is left to us from an area which was the motherland for the culture of the whole world, from the old Atlantis, the central bite of the Teutons about 12OO0 years ago. Atlantis is today partially covered by the tides of the "Atlantic" Ocean and the Rord Sea.



covered, but in part the area has reappeared from the sea.

Anterior to the water lies the part of Atlantis where the tides now roll between Great Britain and North America; submerged in the North Sea lies the area of the Dogger Bank now rising more and more. Holland and Friesland and Medesaxony, England and Ireland and Denmark have already snatched themselves from the floods and are again populated with the descendants of the men and women who once lived on Atlantis and once in the eternal spring crossed the countries around and carried the courage and the God and the wisdom of the Teutons over the earth to the farthest shores.

After the great flood then from the south and southeast , from the north and northeast the Germanic tribes of the outlying areas moved in again and settled with the Nest of the Teutons, who had escaped the great flood on Atlantis, the resurfacing territories.

2m Dogger Bank area, a high sanctuary was spared from the floods at that time: Heligoland. Also a land bridge had remained to the north: today's Schleswig-Holstein. Southern Sweden was under water. The land area, which lay where now the East Sea is, was submerged with the holy city of Vineta until today. From today's Sweden only Uppland with some old gods' seats among other things Upp-Sala and Sigtuna still rose from the floods.

In what is now northern Germany, the land south of the Baltic Ridge was under water, as were parts of what is now West Prussia and East Prussia, and parts of what we now call Lower Saxony were also covered by the floods.

Everywhere, however, the mountains, the mountain ranges and their fringes rose out of the water. And the land rose more and more (and continues to rise today) from the floods of the northern seas.

Then the Teutons drew their peoples back to the original homeland, as far as it had now reappeared. From Finland and Russia, from Northern Italy and Spain, from Eastern Europe and France a movement back began.

However, all these processes did not take place in the course of a few years, but naturally covered larger periods of time.

But before the Germanic tribes flooded back to their homeland from the south, steppe peoples accustomed to lower forms of life had invaded.

As Llppsala had to defend itself against the invasion of the dark peoples, so also Sigtuna had to defend itself, as well as the Germanic seats of the gods in today's Denmark and Schleswig-Holstein, and so also the seats of the gods in the Teutoburg Forest, on the mountain near Eleve, on which still today the Lohengrin-Durg stands, and on Helgoland. What in the first greatest time of need warded off the fchwarzen Völker-scharen, that were not the physical forces of the defenders, but rune exercises, which brought in height rays and Liefenstrahlen, coupled and condensed and threw against the enemy.

More and more, however, the Germanic tribes returning from the south to the north came to the aid of the priesthoods that still existed in the north. In the meantime, everything was prepared for the decisive battle against the Tartars in the individual priesthoods themselves.

Freesnana, the highest priestess on Helgoland, would bring the decision with her battle army, which consisted of baptizing Germanic priestly maidens and women. She left Helgoland and stood at the head of the Frisian war bands in a battle robe made of gold cords and gold plates and on a gold-armored horse and defeated the main force of the enemies.

What tipped the scales here was the name and the power of this priestess, who was later declared the ancestral mother of the Frisians. The enemies themselves saw Freesnana as a goddess and pushed themselves to her to be killed by her hand, by the hand of the white goddess of the holy land (of Helgoland) (to be able to take over her image into the hereafter, a train of thought which was generally corresponding to the time and also has its reason in certain laws of the re-embodiment process).

Among our ancestors, the woman was just as defensible as the man. No sex sought privileges and protection. Likewise, priest and priestess could also marry. Only knowing and strong mothers can give birth to a strong sex. Fraternal is a marriage without privileges. Such a marriage develops all soul forces. I- Ent-

Winding is thus guaranteed to both parts. Privileges arouse greed and slavery cunning. With the enslavement of the female, the race perishes.

So it was nothing special that women took part in the fight here. This was still the case 2000 years ago in the battles between the Germanic tribes and the Romans. I remind here also of the "Legend" that lives on in Cologne on the Rhine. According to this legend, 11000 virgins came from England (Low German: Engelland, Angelland) to fight for the true faith and were murdered in Cologne by the pagans. In Cologne, the interior walls and ceilings of an entire church are still hung and covered with the bones and skulls of these virgins. 11 flames in Cologne's coat of arms still remind us here of the 11000 virgins. The Roman church exploited this legend for its own purposes. But from Engelland could never come forces that wanted to fight for the Roman faith, because until about 900 of our era England was Arian-Christian, i.e. Germanic-Christian and before that time everything else like Roman. So the "pagans" who overpowered 11000 virgins here after betrayal had been either Romans or Tartar pagans.

After the victory of the Frisians under Freesnana, the Tartars were ordered to settle in certain areas, where they lived separately from the Frisians.

Radiating from Friesland now the new formation of the Germanic empire proceeded. The Frisians founded Cologne on the Rhine, Kölln on the Spree (Berlin, "Tempel-Hof" etc.) the Frisians settled Rügen, Pomerania and Mecklenburg. The Frisians turned to the south and settled Württemberg (Zabergäu, Stuttgart) in alliance with the Sveben, the Saxons and the other Germanic tribes. Thus a new cultural center was created in the present areas of the province of Hanover, Westphalia, Holland, Denmark with high cult seats Aurich, Leer in East Frisia (with the Plytenberg), Bentheim, Eleve on the Rhine (the birthplace of Lohengrin, Aunts on the Rhine (the birthplace of Siegfried) Cologne, Osnabrück (with Oesede, Jburg, Teck- lenburg) Detmold (with the Externstein Shrine), Göttingen, Hanover, Bremen, Bardowick, Odensee (in Denmark) etc... Helgoland lost with the passage of the Freesnana,

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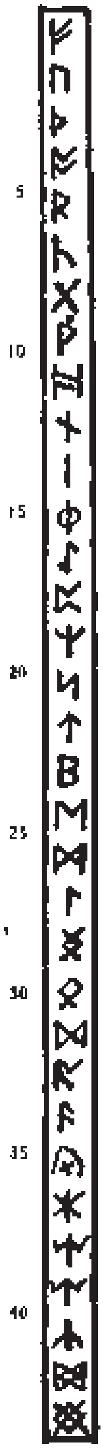
'Tartars, (Tartarus-Hnterworld), those born in the underworld.

after Friesland, which was later named after her, its importance more and more.

It is sure for me on the basis of my researches that again at that time the connections with the Germanic initiation seats in Egypt, Greece and in the Kar- melgebirge were excluded. It is sure that the "Greek myth" Jupiter as "Swan" and the "Leda" was created by priests in Leer (in today's East Frisia). It is also certain that Frisians settled England several thousand years ago. Historically, a last migration of Frisians and Saxons to England is still established in the area of our era.

In England, the rune series of the Frisians has been preserved. In Germany it fell victim to the destruction and collecting activity of Rome.

For all the considerations briefly mentioned above, we rightly call the runic series preserved in England the **Frisian-Anglo-Saxon** runic series.



The Thames knife Zuthark with 28 runes.

This Futhark with 28 runes is carved from a knife whose place of discovery was the mud of the Thames. We have in this 2S ger Futhark visibly an abbreviation of the Frisian-Anglo-Saxon Futhark with 33 runes before us. So this Futhark with 28 runes served a special purpose. Some runes are surrounded.

The Kylferstein Futhark with 24 runes.

This series of 24 runes was found carved into a stone in an ancient grave at Kylfer within the church perimeter of Stanga (pronounced Stonga) on the island of Gotland (Sweden).

Some runes are a bit unclear. The order is on the whole the same as in the next futhark of our rune table except for small deviations. The spelling of some runes is different.

I will return to this series of runes later, also because of the word "sulius", read from the right "suilus" which is carved next to the Futhark. In addition, we find on this stone another very important sign, which is also worth discussing.

Such a futhark was given to the dead because it was known that the futhark is the formula series that also results in rebirth.

The Vadstena Futhark with 24 runes.

The Vadstena futhark consists of turned runes, as the drawing on our runic table also shows.

This futhark was found in raised work carved out of the face of a gold coin that was worn for good luck. This lucky coin was found near Vadstena in Ostrogothia (Sweden).

Besides the futhark, the lucky coin also contains the inscription "lufa tufa" and in the effigy the head of a man, as well as the drawing of an animal, half bull half horse, and a dove.

This coin must also be discussed in detail later.

The Common Germanic Futhark with 24 runes.

The use of this series of runes is proven everywhere where Germanic people still live today or once culturally fertilized the earth. Pros. Herman Wirth proved with this Futhark that all alphabets, characters and symbols in all parts of the world originate from this Germanic rune series. With the Teutons this rune series, which corresponds in its number also with the letters of the alphabet, was used under a certain point of view. This point of view was among other things completely astrological, what Herman Wirth in his book "Der Aufgang der Menschheit" (Verlag Eugen Diedrich's, Jena) avoids to say openly (probably because recently a campaign of destruction against astrology is planned by all ruling powers), but the contents of his book and his conclusions prove actually only the fact that here a series of astrological symbols is present. For the rest, this is not the place to go into Wirth's certainly valuable work. This will be done in other publications of mine.

In many ways, the Gemeingermanic Futhark is similar to the other two 24ger rune series. Details will be discussed later.

The Nordic Futhark with 16 runes.

This Futhark is the generally only in the north of Europe in the earliest and later Middle Ages provable Futhark in use was. The number of 16 runes is likewise also astrologically justified, and also still in other kind, than as Herman Wirth means. Also this, my opinion given here is well considered, muh however, since here is not the space, in the proof be put aside.

Quite a number of runes from the 24 series are no longer used in this 16 rune series. From the other rune series, as one sees, quite certain runes were selected, in order to arrange this 16 er rune series. As a writing rune series, however, the number of 16 runes was completely sufficient, as this rune series became a writing rune series.

Vines of different spelling, some runes also have a mutilation. The order is, except for small deviations, the same as for the other 16 runes series.

This futhark is most often used for baptizing gravestones in Sweden and Norway. This runic script is still taught in Swedish elementary schools.

The Swedish-Norse Futhark with 16 runes.

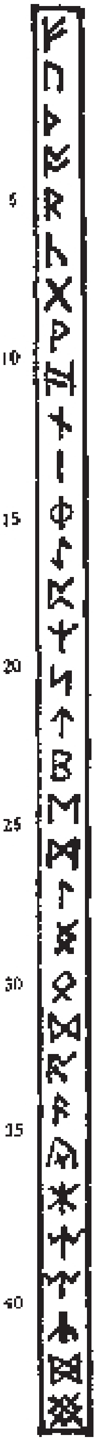
A runic series, in the characters of which there are also many inscriptions on Swedish gravestones.

The Danish Futhark with 16 runes.

The forms are based on the forms of the Swedish Norse Futhark. The order is slightly different in the last runes. This script was used especially on the many runestones in Denmark.

The Helsing-rune Futhark with 16 runes.

I bring here two kinds of this rune-short writing. This writing can be read only by those who know that the runes were built into a five-line system according to the height (similar to our red writing, which is apparently also based on the runic system). The rune in question was indicated in a single or double marking line, which stood at the appropriate height. In the first



runes series of Helsing runes we even find dots given as identifiers.

Thele signs seem to indicate that these Helsing runes (the Rame comes from the Swedish place of discovery) represented a kind of secret writing, which was maintained in a narrower circle of initiates. The characters allowed eS easily to form binding runes (connected runes).

The last two rows of runes of the runic tablet

are already briefly discussed.

In addition to the rune rows, I drew two rows of numerals to the left and right of the rune rows on the board, in order to be able to number the individual runes, and also to show that the numerals advertised to us as "Arabic" have developed from Germanic runes. That also the so-called "Roman" numerals consist of runes, I have already proved years ago in my magazine "The own way".

On the left in the first column of the runic table we now find the numerals in the form in which they developed from the circle cross. We find here also the explanation why we are accustomed to provide the digit "7" with a hook. That this writing habit has its deeper reasons, I will still prove.

On the right, in the last column, we then find the numerals as they developed from the painted cross, connected with the rhombus. We now know how the gothic numerals developed. There will be more to say about these numerals as well.

In a special panel, which I put in the lower right corner of our runic tablet, we still read in runic script:

‚The Principle of the Ten Numerals'.

In this table the basic forms of all number forms are indicated, which one calls today "Arabic" or gothic numbers. The rune basis of our numerals is represented with it so eloquently that it actually needs no further explanation. Nevertheless, also this table is to be treated later in all details, because these things are important.

Thus I would have now briefly discussed all rune series brought on our rune board. In all further Dar-

I will always refer to this rune tablet in all my writings.

In addition, I will bring in the Rune Library all available series of characters of all peoples, so that the reader can see how the Germanic runes are more or less recognizable as the basic forms of all other scripts, the best proof that the Teutons were not only the givers, the bringers of culture everywhere, but also a reminder that it is also high time, Let us acquire again what we inherited from our ancestors: with the knowledge of the runes also the moral height and the spiritual power of our ancestors.

Conclusion on the content of the first Book.

Rich is the content of this first part of basic knowledge.

Preface and introduction proved the importance of heredity. Only what is already present in the germ, wants to become once tree, bloom, fruit. Anything else is a misgrowth.

Further, the essence of genuine holy scripture, genuine holy word and genuine holy deed was clearly stated and the question of where we can find genuine holy scripture was answered.

From the discussion of the difference between word writing and letter writing came to us further insight.

The section "Race spirits, race souls, race bodies" dealt with the masked spirit struggle on this earth and under the heading: "Where our fathers' hereditary property remained" we were shown how powers hostile to culture systematically destroyed culture by force and cunning. But we also read how the world lie is branded by runic lore and how the Teutons did not let the runes perish in spite of all red.

With astonishment we see further that in spite of all devilish plans of destruction and in spite of all politics of derepression the real holy scripture of the Teutons has been preserved for us in no less than nine Teutonic rune-series and that these rune-series are partly still in use.

In all of this, it was necessary to have an overview of the interrelationships, as every real educated person and the kende Mensch doch durchschauttens, to give. If some things are too high for some others - it's not my fault.

But what is important above all now further for the man of the present, that is the application of the runes! -

In the content of the whole modest book, which is here before us as the first double volume of the Rune Book, lives and weaves the thought that the runes are more than like ordinary characters and that they represent, as I already discovered decades ago, directional, spatial and power formulas, which become magically effective through rune speaking and rune exercises in a kind of natural radio electrolysis. (Perhaps this word best illustrates the matter).

This discovery presupposed the realization that the whole space around us is filled with mutually intertwining rays and waves, with rays and waves coming from the height of the universe (height rays), with rays coming from the depths of the earth (depth rays, ground rays) and with rays and waves acting on us from the objects around us.

The cosmic radiation, which the modern science discovered and established by means of complicated apparatuses about the middle of the second decade, was thus already discovered by me in the first decade of this century, but still further, also the Tiesen rays and the formation of rays and waves from the things of the environment.

But I further recognized that these rays and waves from the celestial spaces as well as from the depths of the earth and from the things of our environment represent the actual original force, the original substance of all matter, the building material as well as the designer of all bodies, the actual life.

Further, I realized that it is only a question of how we supply these elemental forces, rays and waves to our body and I found out that these rays and waves themselves, when we adjust the body to these rays and waves, seize it according to its ray and wave basis, so that the body behaves appropriately and is induced to movements and to the utterance of words, which ensure the greatest receptivity. My findings were crowned by the fact that I recognized the runes as a sign of the body's position during exercises (runic gymnastics) and as the key to the murmur in the runic exercise. In rune position, rune movement and rune rays, the body is directed and vibrated in such a way that high rays, waves and low rays are excluded from the body and bound to the body substance or reformed into life-giving juices.

The following years and decades were used to further expand the knowledge gained in this field. It was necessary to carefully distinguish the real from the illusory. The findings also demanded a completely positive attitude towards the question of race, religion and ideology. All this was expressed, in spite of all the world, in my magazine "The Own Way" since 1924. What had to be achieved in this magazine was above all a fertilization of the thinking minds. In doing so, some things had to be concealed, because the scientist is afraid of losing every thought that puts him in danger of losing the suggestions that arrest him to his career.

Further, in silence, the system had to be expanded without snoopers and transcribers learning too much But on the other hand, giving had to be done, because the need is great.

Thus I held lectures in which I connected astrology with runic lore. In No. 5 "The own way" of 1924 of my magazine I began with my publications about the Germanic runes under the writing

‚Runes murmur properl advice!*

I formed this word quite consciously as a real rune formula. It was to embody the rhythm of the "four" in four words and the rhythm of the "seven" in seven syllables. Thus I grasped the rhythms of the rhombus, the spiritual key word of the root (radius) and the wavelength, which is expressed astrologically by the planet Jupiter. Also I saw the connecting rhythm of the seventhness, the wavelength which is astrologically expressed by Venus. Further I had to consider the effect of all important vowels and consonants. The quadruple "r" represented Jupiter-Mars and the "run" the rhythmic current, which also includes the vowel "o". The vowels u, a, u, i, i, a, were inserted in correct order. The force acting in the direction of the sphere was sent out in the final t, in the word "council".

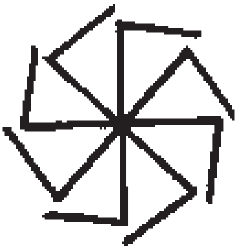
This runic formula was later imitated by John- Gvrsleben, because it worked everywhere, but falsified and changed to the sentence "Runes murmur right advice". Significantly, in the borrowed, but in order to avoid the ä^r- heber law, falsified, formula the self-sound "i" is missing, which works out the I-direction and the I-consciousness, which gives the framework to the true formula and connected with the "ch" the spherical power and cherishing effect. While my formula consciously applied the vowels a, e, i, u, twice and let the o work through word number, quadruple r and double "g", Gorslebsn let the vowel "e" appear twice and the direction-forming "ch" appear twice.

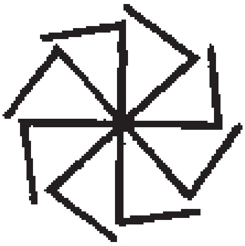
"i" disappear completely. - We pass over what may have prompted Gorsleben to do this. He died in the last months. One does not judge with plumb bobs. But we understand how much the sphere of thought, the sphere of will and the formation of words must be expressed in the murmur of the runes and we take from this example that the rays and waves from the farthest and nearest Am-world must necessarily form in us the Healing-Word or the To-Healing-Word, as they must then also trigger the right-right or the without-right-right rune position and rune movement. - But this example also shows how careful I must be and must be with all publications. On the other hand, however, I now consider the time has come when it is necessary that the runic gymnastics now the new future.
the plan in a creative way.

Therefore, I begin already here with the applied runic lore , the runic gymnastics, which, connected with runic lore, enables to bind the radiating and undulating and undulating Llr forces, to store them and to radiate them again, to send them out according to our will.

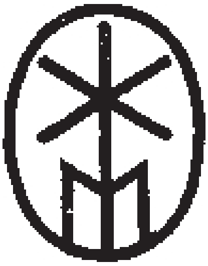
With the help of the incoming high and low rays we can not only free ourselves physically from illnesses, but also eliminate mental inhibitions and spiritual weakness. We can also transmit the elemental life force, purify sensations, clarify thoughts, and direct the will to other people even at the farthest distance by sending runic energy from the liver fluids of the universal and earth forces.

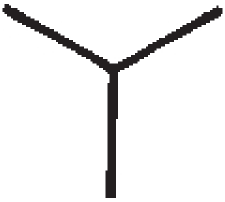
The second part of this book and the following volumes of the Marby Runes Library, based on more than twenty years of experience, will show the direction in which we are going and how we are going to do it.





Zweiter Teil.





Runic gymnastics / the Essentials!

All knowledge is dead if we do not make it alive Lurch application. All knowledge is unfruitful if we do not develop it into ability. Only the one who is able is king, is master over himself and the world.
Knowledge probably teaches to recognize red, application only turns the red.

Today we all know that we are surrounded by the world of radiating Ar-forces, we also know about our red. The thought is obvious to turn the red by the Ar-force rays. - But how? - This question is answered by the runic lore.

The Runicists of all times knew that the red of the individual and of the whole mankind would once cry to the sky. The Runicists also knew that this cry to the sky, the murmur of the runes combined with runic gymnastics alone can turn the red again. But the Runicists kept silent and secretly hid what they knew, because the Church of Rome with the superstition of the masses persecuted them "to the death" and gagged the science.

But the rhythm of times wants turn of the red conjured up by demonic - purpose thoughts. The one on The public mind, sworn to "scientificity," can now grasp to some extent the idea of runes. It is no longer necessary to cloak runic lore in a mystical garb. Run can begin the red turn.

Runic gymnastics, the murmuring of the runes, is now re-emerging on the scene. With this, not only the red turn occurs for those who practice daily, but also step by step for all mankind. The spiritual revolution

The turnaround to a complete devaluation of all values will begin. Those who live from other people's misery will defend themselves with all cunning and strength, that is certain. But it is also certain that we will remain the victors. With us is not only the new time, but also the reawakened Ar-power, which will turn all misery.

To initiate this turnaround, the Marby Rune Library is now appearing. Step by step it will show how we couple up and down and Amweltstrahlen in us and let radiate from us.

I can, one may consider, put down here only in short guiding sentences that which is to be brought in the following rune volumes. For my part, as the discoverer of this area, I do not have any ambitious tendencies, but it is important that when this area is finally entered, the discoverer of this area also plays a first determining role. He will be the best leader in this field, but always under the aspect that he needs many co-workers. It is necessary to breed this group of collaborators.

I now go into guiding principles about the theory and practice of nunenology as applied nunen gymnastics.

On the Location and Type of the World Space

1. Besides the world space, there is a space at rest. This space radiates. We call it the over-world space.

The earth-interior space.

2. Inside the earth is also a cavity at rest. This space also radiates. We call it the earth-inside-space.

The World Space.

3. What we call world-space is a little materialized space occupied with radiations from the over-world-space and with stars in motion.

The Earth-matter Space.

4. What we call earth is a more materialized space (earth's crust) occupied with radiations from the earth's inner space and with material vibrations.

The Wave Space.

5. Between the space of the world and the space filled with earth matter is the space of radiation exchange, wave exchange and dereaction and transformation of the rays and waves coming from both directions, from above and from below. We call this space wave heaven, wave space.

The Location of the World Space Divided into Five Zones.

According to the Copernican conception of the world (the earth is seen as the middle point)	According to the Neupertian world view (the world as hollow earth)
Over-world space	Earth-interior space
World Space (Star-space)	Earth-matter space
Wave Space	Wave Space
Earth Space	World Space (Star-space)
Earth-interior Space	Over-world Space
M--	--M
Earth-interior Space	Over-world Space
Earth-matter Space	World Space (Star-space)
Wave Space	Wave Space
World Space (Star-space)	Earth-matter Space
Over-World Space	Earth-interior Space

M - center of the respective world view.

On the Way and Essence of Materialization.

On Materiality.

6. The supra-world space is immaterial and wide-spanned.
7. The inner earth space is immaterial and constricted.
8. the World space (star space) is partially material in various states of stress. and solid, fiery, liquid or gaseous earth matter space is material and in various states of tension.
10. The wave heaven (Wallhall) is subtle (rays and waves) and in changing tensions and de- tensions.

On Movement.

11. The superworld space is immovable.
12. The inner earth space is immobile in itself, but is carried forward by the earth's movement.
13. The star space is in itself in rhythmic movements.
14. The earth body is in rotating movement and besides in spiral-like locomotion.
15. The wave sky is in constant fleeing and flowing motion.

On the Effects of the Spaces.

16. The first to third dimension dominates all rooms,
17. The spherical angle has an effect in all rooms.
18. The dihedral angle affects the inner world space, the star space, the earth body and the wave sky.
19. Angle values are voltage values.
20. Voltage difference creates flow and movement, movement creates flow and voltage difference.
21. Substance is condensed space. Compression of the space to substance always goes on, dematerialization of the substance to space also.
22. Building blocks of the substance are rays and waves; they become ions and electrons. Cause and beginning of the formation of the atom is attraction and movement. Compression of the Space is created by an interweaving of rays and waves.

Dematerialization of the substance is the result of radiation and undulation of the substance and the disentanglement (dissolution) of the previously bound space rays and space waves achieved thereby.

Since direction, distance and angle are tension values and since tension causes flow and movement, flow and movement then derstos - lization of space rays and star waves, the derstos- lization also proceeds under certain movements, flows, tensions, tension values, angle values and direction values. Rays and waves of the space and the stars become free again.

25. We can cause certain directions, distances, angles, tensions and currents by certain body positions and sound formations and movements, thus we can materialize and dematerialize, form, transform and dissolve as we and what we want to do.
we want, according to the measure of our knowledge and abilities and according to the direction and firmness of our will.

Living Beings - Beings of Life.

26. All living beings are the fruit, the product, of the fields surrounding the living beings. Roch further: in the living beings the individual space fields create themselves appa- rates, pressures, in order to connect with each other. The living beings are organs of the space force fields striving towards each other. The living beings are antenna stations and transmitting stations of the force fields of heaven and the earth.

27. Certain spaces build certain antenna organs and transmitting organs. Certain directions, angles, tensions , currents and rhythms of movement build up certain antenna organs and transmitting organs (bodies of metals, stones, plants, animals, people, body free). All values we find in the space sphere, become substance, form and activity in the bodies of the living beings and happening in their environment. - What we call kind is the special material form created from the preference of certain space values.

(Where the mass of the space sphere has an effect, there the jellyfish arises among other things. The borders between the spheres form the physical borders of this animal.

Where the seals and radii of the space sphere have an effect, snow stars, crystals, bones are formed. Where the tensions in the space sphere have an effect, there tendons and ligaments are formed, - where they want to press over, nerve cords, organs, which serve the movement instinct, which again originated from space tensions'.

28. (Cedar body goes back into rays and waves when it is no longer able to serve the essence of life as a living being, as an antenna and transmitter for rays and waves. The rays and waves themselves become later again, if they are not bound again, voltage, angle and direction values of the different spaces.

29. The space sphere of the world of appearance has created the living beings as an expression and tool of its life and its being. It maintains the forms of the living beings also for a certain time, it develops the forms, it builds organs in which the life can become conscious. - Can. -
    Only then, however, when man consciously grasps the life currents and feeds them to himself, does he begin to live fully consciously.

30. The circle of life, the hollow sphere, which is saturated by every living being with fine consciousness, is different in size. Most people remain stuck to the earth. They do not become free in this way. They eat, drink, sleep, work and "reproduce" or not, but they do not pray as life demands, they do not spread their consciousness, they do not embed their consciousness also in the other spaces of the sphere of space, they do not extend the sensing threads of the antennas of their soul into the heart of Mother Earth and not into the 'above-worlds-space-width of the Father of all worlds', they do not stretch their spirit into the deepest depth and not into the greatest height and thus do not come into eternal life. They vegetate, are exposed to every environmental influence and die as if they had never been. -

Man, however, can conduct rays and waves from the force field of the earth as well as from the force field of the sky through himself, as well as generate them in himself by thinking, and thus make and keep himself healthy and capable and efficient, as well as rejuvenate himself again and again. Besides it has the

Man himself is able to build into himself the knowledge of the essence of the effective forces, and to gain further clarity about this essence. He is therefore able to recognize the gods and the Argot, as far as the organism of his antenna and his basic disposition allows him to do so and so much more if it refines this organism and makes it capable of receiving and processing any and all waves of any vibration and wave length.

Runic Exercises, the Only Real Form of Prayer. Man Antenna and Sensor.

31. Man has it in his hands to bring his body into a certain direction by position and change of position. If he does this consciously and speaks the certain words, he makes himself conductive and receptive for certain rays, waves and forces.

32. The human being is then also able to achieve a certain experience and a certain absorption of the forces of the world through different body positions and movements. His body is the key which, consciously handled, opens up all possibilities.
The human being opens up all the possibilities of the world. He can get all the artefacts of life and being directly from the source, while this is not possible for all other living beings to the same extent. What we call human consciousness, therefore, actually begins only then and there, when man begins to become and to be consciously the key to all these sources. Only then he can unlimited spiritually and mentally and physically further develop and refine by absorption of forces and trans- formation (transformation).

33. We know, that we with our radio antenna not only receive, but also send through feedback . So also the human body is not only a natural, finely organized antenna, but also a powerful transmitting apparatus. In the same position,
in which the human being emits rays and waves from a certain direction, in the same or similar position he can also emit rays and waves in a waved direction. -

The respective body positions, which the human being has to assume as an antenna and as a transmitter, are transmitted to us in the form of the runes. To take up this rune position, to think the corresponding word, to murmur or to speak, to sing or to call in order to either receive as an antenna or to send as a transmitter, I call doing a rune exercise.

The runes are not only written signs, language signs, but also training signs and of course the greatest value and importance of the Germanic runes is that they are training signs of cosmo-bio-energetic kind.

34. It is clear that every man, whether intelligent or less intelligent, whether poor, whether rich, whether educated or uneducated, has it in his hands in the future, according to the measure of his pure will and his abilities, knowledge and experience, to bring in as much height rays from the universe and as much sieve rays from the earth as he wants.

Since the currents from these two fields of force, heaven and earth, are life-generating, life-awakening and life-force-sustaining currents, the runic expert can therefore free himself from all diseases which have their cause in a lack of life force. And almost all diseases are based on such a lack. Furthermore, with daily practice, the Runicist is able to free other people from illnesses with the surplus life forces that have been brought into him and that have now become his own. He can , because he can send these forces to the farthest distance, then also heal sick people who are distant from him over seas and countries. Furthermore, depending on his diligence and practice and his abilities and attitude, every Runicist is able to order and shape the events in his near and far surroundings according to his will, as far as he is not confronted with provisional ignorance.

35. With the Runic lore, as far as it is used to make one's own body a sensitive antenna as well as an efficient transmitter, the striving man also develops an irresistible power. Through the runic lore, he is in truth placed on his own feet and enabled to realize his intentions as well as his

Will to prevail in all events. The power developed by the Runicist and this alone makes him a conscious shaper of his destiny.

36. But also something else will happen. The spirit coming out of the powers of heaven, the now ° coming nun power, will separate the "sheep" from the "docks". Every man is only key with his body. According to his inner will and according to his own attitude he receives rays and powers. If his inner will , if his attitude is good, the rays and forces evoked in him will bless him. But if his will is directed to an evil goal, he will judge himself by these rays and forces. It is therefore up to each rune-man himself to prepare growth or downfall for himself. -

Body, Body Zone, Organ and Pitch.

There is a tone, at the sound of which every body vibrates, resonates, resonates most strongly, a proof that every body is tuned to a certain tone, to a certain wave.
We call this tone the basic body tone. The basic body tone is different for each person.

25 What is true for the body is also true for each body zone. - (Head, neck, chest zvne, etc.) Each body zone also resonates most strongly at a certain pitch. We call this tone, depending on the body zone concerned: head zone fundamental tone, neck zone fundamental -o tone, etc.

Each organ, like each bone, also has a keynote. We call this keynote: stomach keynote, kidney keynote, etc.

All these designations we will remember for the future, so that we are clear about the meant zone, about the meant organ and its tone.

Now every body has a basic tone, the body basic tone, but this tone lies within a whole "tone 4" series, in which the body also vibrates a little. It shows that the low tones bring more the feet in vibration. As much higher we get in the tone, so much higher is the vibration zone.

Where we go under the sound, with which the feet sound along, there we bring then still our aura under our feet in vibration (oscillations).

Where we go up over the clay, where the heads, we set our magnetic body zone (aura) above our head into vibration.

So we can consciously grasp, influence, stimulate, calm down every body zone, every organ by a certain pitch and be receptive for high and low rays.
i° make.

We can then consciously play the song of life on the harp of God, our body, and give our body a new lease of life. per, our soul, our spirit nourished daily by the dew of heaven and earth.

Body, Body Zone, Organ and Volume.

What is true with regard to the basic sounds of the body, the body zones and organs, is also true with regard to the sounds. Each body responds best to a particular sound. Each body zone begins to vibrate when we speak certain words. For the registration of each organ there is a key, a runic word.

2,

Tonal Strength and Loudness.

The strength of the tone and the volume also play a certain role, as we can see in the rune exercise. Depending on the desired goal, we will learn to observe certain rules here as well.

"o The basic tones, the key words and the don- and volumes, however, will be dealt with later on a case-by-case basis in the course of the further treatment of the runic gymnastics.

Runic Gymnastics.

The first exercises of the I rune

(‚All sublime is simple!")

Practice time: always. Place of exercise: anywhere possible. Purpose of exercise: Strengthening of the body, liberation from slag, liberation from mental inhibitions, strengthening of the ego-consciousness, all-round rejuvenation.

"I" Rune-Form Exercise.

Runic position:

1. **Body erect,** eyes straight ahead, chin tucked in, shoulders slightly raised, chest arched, back hollow, abdomen tucked in, knees pushed through. When standing: feet standing a t right angles. When walking: Feet straight out. Arms slightly hanging, elbows bent forward, palms forward, shell-like. As a whole: **basic military stance.**
2. **Sitting body.** Upper body posture as before. Knees held together slightly, feet together. The palms rest lightly on the knees. Arms placed.
3. **Walking body.** Upper body as before, arms slightly moved in the elbow, palms slightly clam-shell-like in front. The big toe pushes off the rear foot while walking.

It must be practiced daily. Lovers are asked for their address. Advice is given as time permits. Two hot tub baths a week guide well continues to discharge the waste products. Where ulcers appear, it is a sign that the body is cleansing itself. But here help hot full baths and in addition further intestinal lavage.
gen. The first thing is to cleanse the body and get it in hand. No harm can come from the exercises.

In further rune books more positional exercises are given.

Beware of hatred, envy and brutal thoughts of love. Sexually, one should be sparing without self-compulsion. Reason decides. One should set oneself up for growth in every respect.

"Zur" Rune-Form Exercise then the Rune-Speech Form.

1. Inhale. Duration 5 seconds - seven steps in the usual gait. No longer for the time being; those who cannot inhale so deeply, slowly progress in duration and inhale at about 4 steps for the time being.
2. Quietly sing the "i". For the time being, sing at a pitch that suits you best, but not with a wide mouth. Practice several times a day.
3. From this note, go up in pitch without considering the scale. Do not pause during the change of tone. Practice several times and daily.
4. Hold the "i" until 10 seconds or so - 12 steps - and longer. Practice several times and daily.
5. Let the sound flow through the body from bottom to top. From top to bottom and then from bottom to top again, starting in a low tone. Then the sound rises and falls again in the tone (siren). Duration of the "i": about four seconds is the maximum time for now. Practice several times and daily.
6. The same, only skip from the lowest note to the highest note, which can be sung softly without effort. Practice several times and daily.
7. The same, but start at the high note and skip after the lowest note. Practice several times and daily.
8. The same, but start at the low don and skip to the high note. 6th, 7th, 8th duration of singing the "i" about 4 seconds. Practice several times and daily.
9. You must proceed with the exercises 1-8 in a logical manner, i.e. in the correct order. The next exercise should be done only gradually. So: First you get used to a correct inhalation. In order to inhale correctly, exhale fully. The exhalation and inhalation exercises should be practiced during walks in nature. The second exercise should be practiced for at least 7 days.

The first two exercises should be practiced alone. On the 8th day, the 3rd exercise is started and the second exercise is continued at the same time. After another seven days, the 4th exercise is added, and so on.

This is the slow way. It is the safer way. It is not allowed to leave any lag with the exercise. In general, the exercise time is from half an hour to one hour. However, it is also possible to do it faster.

For some givers, the effect of the "i" in the body will be immediate. These givers can shorten the time until the next exercise is started up to four layers. I do not recommend any further shortening of the time. In cases of extreme necessity, further abbreviations can be made. But whoever progresses in a shortened time, must o f course also practice for a longer time each day. The safest way, however, is the slow way, also for the reason that the mental and physical transformation does not have a critical effect in mood crises and physical crises of denial.

First of all it is necessary to adjust the body to a conscious I-orientation and to let it take effect in the body also in the sound. In the right conscious posture we have before us the basic military position, a proof that in the training system of the old army something of the old runic training methods was still preserved. But by this posture was achieved here only to make the body of the recruits and soldiers a receptive antenna.

So what was cultivated in the Prussian army at that time was already Nunen magic. For us it is now about making ourselves receptive for the I-rune direction and forces as well. But we do not make ourselves receptive so that others command us, but we command ourselves.

Always and at all times, when we take up the I-rune position, we have the thought in us that we want to take up from the infinite expanses of heaven and from the center of the earth two opposite directions, forces flowing towards each other, so that they become I-conscious in us. Thus we bring consciousness of eternity from the infinite spaces of heaven into us as well as consciousness from the history of development of the earth. An immense power, which only comes into effect in us according to our measure, then flows through our physical field of sensation (soul aura), our life force field and our body, when we consciously adjust ourselves in the direction of this power.

We become an I-conscious pillar, the I-rune itself, in daily mastery of this current. We become a self-personality, an individuality. Once we have become that, then we will progressively draw from the forces of heaven and earth in further runic aeblings, which we will use to fight for being there and to fight for our brothers and sisters. need in the present and the future.

Your Thoughts on the "I" Rune Exercise.

"I want to be I-consciously connecting heaven and earth, to be an anne for rays and waves of the Force, which further evoke and strengthen the I-consciousness in me!

I want to experience everything I-consciously, do everything I-consciously in the future, I want to be I-consciously my own!

There I draw the strength from the deepest depth, from the sphere of the earth, and from the greatest height, from the sphere of the Upperworld-space, the two sources of the physical and the spiritual-soul life, by adjusting myself in the direction of both sources, stretching and stretching, and directing the currents of these power fields through me!

Since holy scripture, holy word and holy deed are in unison, I form the J-rune with my body, speak, hum the self-sound "i" and thus indeed bring my body to fine rhythmic vibrations in a vibration number, which corresponds to a certain cosmic ray, the ray of the I-rune, and that wave, which now conducted through my body, transforms the I-consciousness of the universe in my body into own I-consciousness!

My body is now antenna of the most holy I-De-being-beam.which flows from million-light-years-worlds of space through me to the center of the earth!

I arrange all currents flowing above, below and beside me, also of the finest kind parallel, to my body, so that these currents calm me, strengthen me and make me enterprising!

Something in my body blossoms. Of its own accord, it always wants to adjust itself in the sacred direction of the "i" rune. The upright person is the "i" rune, the "i" rune is me. The direction from top to bottom is the innate direction formed in my flesh and blood!" -

The First Results of the "I" Rune Exercise.

1. A sudden striking warming of the whole body and a wonderful invigoration and revitalization.
2. A feeling of lightness, of being young, and a joyful sense of being secure in eternal powers and forces floods the whole body, indeed the whole soul.'
3. A feeling of vitality and drive throughout the day.
4. Thinking becomes clearer, the heart becomes calmer, the whole attitude more hosfnungsreudig and confident.
5. The whole being radiates more awareness. Wherever one goes, one receives a warm welcome. Disputes and discords and disharmonies disappear in the surroundings, either by themselves or when you only tune in to the I-rune in your mind and think that you are murmuring this rune in the I-rune position in the open air. At that moment, the field of the runes of the Ego is placed out of oneself into one's surroundings and creates calmness and clarity according to one's own fine will.

Application of the "I" Rune Exercise for Diseases of one's Body.

Blood rush after the head:

Practice standing or walking or sitting. Start with the highest tone, slowly lower the tone, hold the tone at the bottom for a while. Practice for about 5-10 minutes.

Dlutz circulation, deficient:

Even if blood distribution is poor: practice standing, sitting or walking. Start with lowest tone, raise tone, then lower again, change volume. Practice for about 10 minutes or longer.

Glandular function, deficient, general:

Practice standing up, preferably in the room alone. Change the tone until the best vibration is achieved. Change volume as well. Often let the tone play at one pitch.

Gas accumulation in the body:

Practice standing up. Frequent changes in tone and volume.

Lack of vitality, congenital or instantaneous:

Also chills, fatigue, despondency. Standing or sitting. (Do not forget to breathe deeply). Standing or walking with toe-off. Rocking on the tips of the toes. Keeping pitch in the position that vibrates most strongly in the body, namely in the back and chest.

Back pain:

Exercise walking and standing and sitting. Despite the pain, pay attention to posture. More frequent stretching of the backbone, first the left shoulder up, then the right. Hold the tone that resonates best in the spine. Leave the tone down at the end.

For all diseases and their elimination through runic exercises:

Never forget: First exhale deeply, then inhale deeply. Play a full, calm breathing rhythm at all times. Best time to practice: One hour before sunrise to three hours after sunrise.

The "I" Rune Exercise aand its Effects are Explainable

in terms of physical condition as a result, that by the certain body position and the singing of the self-sound "i" an inner systematic shaking and massaging of the body in its whole length begins. High rays and low rays are now excluded.

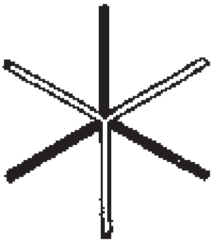
This loosens the slags present in the body, initiates their elimination and the recovery of the body. Certain important glands start to work actively (also a stronger saliva flow). The result is rejuvenation of the body.

in terms of mental condition as a result, that not only the body in its whole length and its solid matter is put into fine vibration, but also the fluids and gases permeating the body. Likewise also the air layers, which surround the body, are put into vibration individually and according to will. The fine components of these air layers thus become receptive for the body.

Furthermore, the magnetic aura of the body is shaken with fine vibrations, its currents are adjusted and arranged to the body, the magnetic atmosphere of the body and its currents are strengthened and thus enabled to take out radiations and waves from the force field of the sky and the earth, which are then transformed into nerve force.

in terms of mental condition as a result, That the fine vibration of the gross and his material body of man in the axis of the body create a special magnetic vacuum, in its vibration similar to the vibration of the supra-world space and similar to the vibration of the interior of the earth (tension, direction and substance is everywhere the expression and the seat of the indwelling spirit). Moreover, the will of man stretches itself in the most holy direction into infinite widths and becomes the Axis (for eating) of his being. The rune practitioner creates in himself an axis zone of supernatural will to be, an eternal consciousness, the consciousness of the joyful warrior, on whom all the waves of the environment with their little "blushes" are reflected. and "worries" break.

In relation to the I rune, the human being becomes a living bar magnet that attracts all currents. pulls from the direction in which it is placed. - At the same time the radiations of the material body arrange themselves. They become directed, more lively. They get into vibrations, into a fine glow. The luminous aura, the ray-dress of the Heil- 2ch-en begins to form. (Many things now become clear: images of saints with radiant garland, northern lights, light appearances in germinating seeds, etc.).



(Gabel [ſchwarz] und Deichſel [weiß] verbunden zu Hagal.)

„Zeuge das Heil, hege das Heil, gehe das Heil!"

Rune Lore / Rune Gymnastics / World Revolutions.

New age - new people! Sines'sis impossible without the other. - Time is all-rhythm. To people without all-rhythm every new time passes, every new time becomes a torment, the old one becomes a fetter. -

Runic lore and runic gymnastics now usher in the new time, runic lore and daily runic exercises now open up the new time for us, open up the universe and the heavens for us, let the universe-rhythm become flesh and courage in us.

New age - free people! Where humans remain unfree, one cannot speak of breaking in of a new time. Free is, who makes himself free! We want, we will make ourselves free! Nobody can prevent us!

New age - healthy people! Where we sick are, runic exercise will make us healthy! Where others are sick, we send strength and healing! Where there is any spark of life force, we will kindle it!

New age - good people! Wanting evil, doing evil is a waste of power punishing the author. All unknowing or conscious black magic falls like a card. house together before the power of the rune practitioners. - Those who hope to achieve evil through runic practices drink from a poison cup. -

Runic exercises educate the speaker and others to pure will. Guilt is erased, the soul is unburdened, the conscience sentient, the thinking clear to the rune practitioner and those who are led by us through rune thinking on the path of good. There is No resisting the fullness, the purity, the power of the soul guidance through the runic wave!

New age - wise people! Where we need advice: we get advice from heaven, from God! Where others do not know advice: we form the Grail, we send it in the runic exercise!

New age - strong people! Where we need strength: the sky with its infinite forces is open to us. - Where other people slacken in the will: through Rune Aebung we send strength!

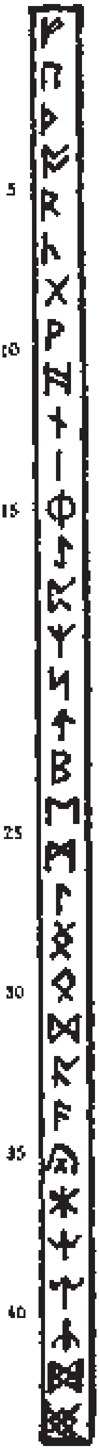
New age - governance of the people! Where the people of the world, blinded by the addiction to power, honor and money, felt themselves to be masters and oppressors, insidiously or triumphantly, we direct their thoughts, their will, so that they either become willing or, if they do not allow themselves to be directed, they eliminate themselves.

New age - new order! Runic exercise orders man in himself, runic exercise calls the stewards as irresistible leaders. Money, protection, church, state and lodge no longer determine the leaders, but the ability to radiate, the sending of thoughts, the pure will of the runic practitioners influencing mankind I

Money, higher education, titles and dignities fall in rubble before the power of the ordering runic thinking. The ordering, the directing wave floods from person to person, creating order according to the order of the spirit and the nature.

New age - new science! Runic exercises open all thoughts that people have ever thought Runic exercises fill with new ideas. Runic exercises show new ways in all fields of science and technology. In the noble competition for the feeling of having made existence easier for brothers and sisters within the human community, the one who asks the runes every day in life shall be rewarded.

New age - new art! Runic exercises convey the highest levels of art in all fields. - Runic exercises provide the singer's voice with melodiousness, fullness and carrying capacity. Runic exercises sharpen the painter's sense of color, form and perspective. - Runic exercises give the sculptor a sense of proportion and force fields. - Runic exercises strengthen the concentration of the mental worker. - Runic exercises give idea and sound and rhythm from the bell spheres of the universe everywhere.



the pure-willed composer. - Wherever there is a struggle for real, and thus for pure and religious, uplifting and developing art, the runic exercise as a divining rod will make the springs bubble up. Key and shaper you will become through the daily rune exercises!

New age - new godliness! Churches and sects regulated the religious "need" and still measure and presume themselves to determine on which ways man may develop and approach God. It is supposed to be a service of God. One can also have a different opinion about it. -

We do not presume to dictate the way to God to other people. But we do not allow ourselves to be commanded the way either. -

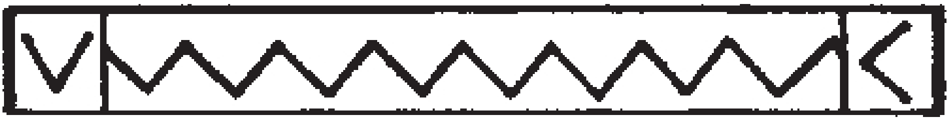
After the first weeks of daily practice of the runes, we know the way to God firmly and clearly. All divine forces help us on this path. We become vessels, instruments of these forces, according to the measure of our purity and diligence in practicing the runes. -

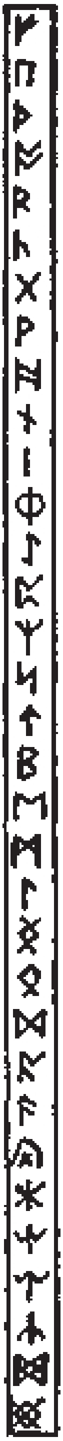
As instruments of the new wave of time, which, as the writers of the Gospels predicted, will help the Christ to come again in the clouds of heaven, we will use the omnipotent forces brought down by us to bind those forces which have criminally blocked the way to God until now.

As a tool of the new religious wave, we will pre- The daily transmission of clarifying thought waves, path-breaking waves of knowledge, power-giving will waves. -

So we will build the new time with the best tools, with the best weapons, with our body as the key, with our will as the transformer, and with the waves of heaven as the source of power!

We have now found the way, finally found it in the heritage of our ancestors, in the Germanic runic lore and in the daily practice of the runes.



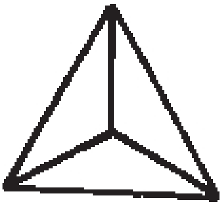


On the Organization and Configuration of these Books.

The cover brings the picture of a man practicing the I-rune and next to it the field of a bar magnet 5 (I-rune). By practicing the I-rune, the personal magnetism is strengthened, the body strengthens its magnetic field and radiates. We know this representation also from pictures of saints, a hint to it. that Albrecht Dürer and others were rune practitioners. Among the rune practitioners and the I rune we find the three-unified mountain of gods of the Germanic people symbolized.

Some runic moldings were used as headdresses. These bars show the runic power image in ratur effects on the left. The field on the right of the bar ib shows the rune or binder rune as it appears as a script rune, house mark or heraldic image, among others. The center field of the bar shows how the rune is used to mark and decorate buildings (church buildings and other public buildings, as well as residential buildings). Also, these rune forms appear in coats of arms, as well as the runes in the left field of the bar.

On each text page there is also a line counting bar. This bar brings the runes of the Frisian-Anglo-Saxon Futhark with 33 runes. Next to it the line numbers of the page in intervals of five to five lines, so that it is possible to draw attention to an important line or to explain further this line in later bundles of the rune library.



WMWW Your red wenöe öurch runes! I^WWW

Marb^-Rune-GM^ilk

Spike natural unö scientific bases High-altitude radiation-Erö radiation - Ligen radiation

More Runic exercises, introduction into them Runic breathing theory. Given by öem Lntöecker üer Runen-Ggmnastik unö ihrem Neu-Ächöpfec

Krleörich Vernharö Marb^

Vanö5u.4
Second double foil

Marbg-Rune-Dücherei

Publisher: Zrieöcich Vernharö Marbg

Marbg-
Verlag
Stuttgart

Marbg-Aunen-Hgmnasttk

Their natural unö scientific bases Altitude radiation-Lcö radiation-League radiation

Further runic exercises
Introduction to the runic breathing theory

Gegebm von öem Lntöecker überer Runen-Ggnmastik unö ihrem Keu-Vegrünöer

Krteörich Vernharö Marbg

Marbg Rune Library

Vanü z unö 4 Second Ooppelbanö

Publisher: Zrieörich Hrrnharö Narbg

MarbK-Äerlag Stuttgart

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A few words about the Marbg-Runen-Vüchecei.

The Marby-Runen-Bücherei not only has a unique character and is not only conceived as a unique library, but has also proven in its first introductory double volume that it is more, especially with regard to its content.

The first double volume of the Marby-Runen-Bücherei was published in June 1931. With this first double volume, the plan and content of the Marby Runes books attracted a great deal of attention and great enthusiasm among the good people of the country.

The first double volume of the Marby Rune Library gave the world the first detailed treatment of the existence and foundations of the runic exercises and the system of Germanic runic gymnastics as I discovered them twenty years ago and secretly developed and tested them. This activity of discovery, research and creation over more than two decades (since 1911), which also caused me to take on a four-year study visit to Switzerland and other countries, despite foreseeable material damage, and thus to stay away from my publishing house in Stuttgart during this time, with short intervals in between, was intended as the joyful sacrifice that I vowed to make to the liberation movement of the Germanic peoples in all countries.

My more than twenty years of rune-scientific studies gave me the most important insight into the nature of the runes from the very beginning, namely that their main value lies in the fact that they are the signs of a gymnastics which are intended to open up the sea of forces of heaven and earth to man.

The runes as models for a development method - who of all the "clever" and "overly clever and overly talkative" "occultists", "Aryans" and "masters" has come up with this idea?

From 1922 onwards, I tried to pass on the knowledge of runes to the public, initially in a small circle. I had people do rune exercises together. At Christmas 1924, my rune play "The Awakening in the Forest" was performed in Stuttgart.

The result was a subterranean battle against me. - Secret societies with "ideal" shields and rains were "selling" Judas's wages to the likes of me. - It was no use. Those who knew me knew that I had nothing to fear, nothing to fear, and stood by me faithfully.

But the fight against mud and filth would bring a lesson. This lesson is: everything that presents itself as "Christian", everything that presents itself as "humane", everything that presents itself as "occult", everything that presents itself as "human", everything that presents itself as "pious" is at least led by the "most disgusting" representatives of the principle of meanness. And - runic maturity is a stage of development.

That's why I started giving large public lectures. It was a matter of spiritually clarifying the few who were almost runic, as they continued to work on themselves. In order to entice **them,** I had to give lectures on love and marriage, knowledge of human nature. Astrology, about Nietzsche, about the Edda, etc., but I built on the Germanic runes as space signs, as signs of cosmo-electrical values. I even did runic exercises in public in front of the screen. - But - with few exceptions - the audience was too stupid.

A harsh word, yes. But a true word. Most of the listeners were unable to do so. **Because**, like all of us, they had been dumbed down by the "Christian", the "hu man", the "human", the "occult", the "pious" leaders. With exceptions, of course. And conventional science wasn't ready yet. I had to throw the problems to the scientists as fish bites.

There was an old but clear-headed general in a town in southern Germany. He listened to my lecture on "Astrology and runic lore, the path to initiation". I spoke **in the** hall of the lodge in a public illustrated lecture. This talk

The building stands on an old Judensriedhof of all places. - The morning after the lecture, the general's wife comes to see me. The old lady is very upset. "What have you done to my husband, Mr. Marby; he is now so old and has always believed in everything the priest says and now he says to me last night: "All my life they have lied to me and cheated me. They stole my life. Thank God that I heard the truth from Mr. Marby before I went to the pit! But what would I have given, what could I have done for Germany and all who are worthy of it, if I had heard that in my youth!" - Mr. Marby, my husband was always such a pious person!"

My answer: "Yes, that's what he was and that's what he is and that's what he will remain. Only the truly pious, only those who are healthy at heart, the honest ones, speak like your husband. Be happy! He is saved. He is growing. He will not see death.

"And me, and me, Mr. Marby."

"You are now being led by your husband. The two of you belong to each other. Don't hinder him, connect with him. He is healthy."

This conversation, in a hotel room in southern Germany, was not the only one of its kind. But these successes had to be "avenged".

Who was actually on my side? - The authorities everywhere. There was nothing to be said against me. I ruthlessly pulled the mask off the "envoy", but with a smiling face and useful good words. - But the nets of the "Nationals", " democrats", " socialists", " Christians" were finely spun. At the very least, they caused material damage. Beer lectures in Jmmenstadt and Heilbronn alone brought a loss of 1400 marks. That was not during the inflationary period, but in 1925. In Göppingen, I once also caught myself completely flat-footed. A "pious occultist" and "humaner" owner of a Göppingen newspaper had also helped a little, as an offended "occult" "local grandee".

If I were to tell you everything I experienced on my travels, it would be a thick book. If I were to tell you how many thousands of marks I actually threw out of the window under the full, public to bring about the breakthrough of the new spirit. Shall I tell you how modestly I lived with my family, how I worked, had to work, to get what I wanted? Should I tell you about the struggles I had to face when I made the leap to Sweden and how futile it was? "Aryan" publishers tried to get their hands on my address material. Shall I tell you how writers steal "Aryan" and - less Aryan, bought and failed, "discovered" what I said, what I wrote. Should I tell you what happened to the sesuitic, ethnical, Christian, Mormon, communist and antroposophical, astrological and other listening posts that surrounded me, as they said, "unrecognized" and came to my consultation?

After all, the aim was to break the idea that was dangerous for all parasitic circles, the weapon of which the people had no idea, but whose danger was recognized by the leaders. This weapon was and is not astrology, but runic gymnastics, runic gymnastics developed by a knowledgeable person, by a practitioner, by an experienced person who - cannot be killed.

And now the first double volume of the Marby Rune Library has been published. Now comes the true Germanic runic power, the runic gymnastics, blow by blow. The first double volume was already enough to show the noble, clear-sighted people that the spirit is now coming from the Order.

So what will the " Christian", the " humane", the "occult", the "Aryan", the "human" big and small leaders from the world of subhumanity do?

The answer is:

The "Christian", "humane", "occult" and other parasitic leaders will remain silent, or even take the paint "devils" on the wall. But they will also do something else:

Under the "Aryan" flag, they will also try to talk the people into "runic exercises", which are of course very easy to carry out, which are purely "Aryan-Germanic", which are "interesting". And a number of people will fall for it again. - What does it do? - A new idea. - A business. - The customer has be pays. - But what happens to the giver is of no concern to such unscrupulous, notorious fraudsters.

I don't want to warn. Let everyone do what they want.
But I have to admit:

It is easy to find a "system" of arm contortions. That's what the antroposophists did when they introduced "Eurhythmy". - What's the point? "Let's make a dozen " runic exercise systems" right away. Maybe that will bring in business for a publisher who is not used to paying his printers.

But how should the "inventor" or plagiarist feel? Is he perhaps crying that you can play with runic powers, with arcane powers? - Do they perhaps think you can lie and deceive and steal with them?

Warn the deceased and their fate I -

And those who buy such "systems" have not only useless and stolen, but dangerous goods in their hands. Because "literati" or "occultists", even with the cleverest heads, do not learn rune lore as runic gymnastics from books, because there has never been a book about it before. And the first book on runic exercises is Volume I/II of the Marby Rune Library. From this, only from this can be drawn, perhaps searching in the magazine "Der eigene Weg" will also bring a few hints, but further than I give, nobody knows anything. Nobody!

Or do " inventors" of " rune exercise" systems want to "let their victims carry out experiments that they could not test themselves? Should people be ruined physically, mentally and spiritually by "rune exercises" by "stealing", "combining" scribblers? Can perverted "Aryans" "find" a rune training system at all? Even in half a year?

And the main question:

Who takes it upon his conscience to trample the Germanic runic lore, the most sacred asset of mankind, into the dirt of "occult" madness and to defile the path that alone can bring salvation, pure and clear? Avenging the darkness of several millennia?

He who commits this crime judges himself.

The battle now begins. Sheep are separated from the goats. What is rotten falls from the tree.

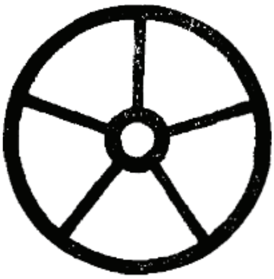
In this double volume and in the next two volumes, the Marby Rune Library will have a decisive influence on the face of time and the future. The scientific foundations of runic gymnastics are shown in connection with all other prerequisites for the success of runic gymnastics. Each volume will contain further runic exercises until the end, when we move on to the runic exercises.

I will always be aware of the high level of responsibility that must be present when publishing such knowledge. I will never list or recommend rune exercises which have not been tested, which are even harmful or which serve the "occult" swarm spirits of the swamp of perverted people.

But I have to say this: anyone who deals with runes with devious thoughts is being judged by the rune powers. Anyone who thinks he can abuse the field of runes and rune magic with impunity in order to become rich or famous is digging his own grave. Natural laws of inexorable consequence are at work here, natural laws that cannot be cleverly escaped.

God only wants honest fighters, only unadulterated strength, only self-acquired knowledge. But whoever, inspired by pure will, opens up the fountains of height and love will be God's!

The author.



Preface.

The first double volume of the Marbh Rune Library has now been followed by the second double volume presented here.

This double volume presents the scientific basis of Marby-Nun gymnastics in a generally understandable form. The attentive reader is given broad perspectives and insights into the essence of the dynamic world view as our ancestors had it and how modern times will regain it.

Despite the seemingly broad treatment of the subject, only the essentials could be said. I dealt with the field of radioactivity and the origin of the atom in accordance with the content of my public photographic lectures in the years 1924-1931 in Germany and abroad, as my views were then, and still are today, authoritative and ahead of scientific research results and have already been partially confirmed.

My theory of atom formation is so important because it finally provides a demonstrably firm basis for a new astrology that is absolutely scientifically indisputable.

What Nunen gymnastics is based on and what successes it may be capable of cannot be measured and understood if one does not know what forces one is working with, if one does not know where these forces come from and what has an effect on them.

Nunen gymnastics is working with forces that are much stronger and more powerful than anything else. The Nunen forces are the environmental forces themselves.

For this reason, I ask readers to work through this double volume of the Marby-Nunen-Dücherei thoroughly and several times. This is not only worthwhile, but also necessary, as the next two volumes, which will contain a wealth of what has never been read and extraordinarily important information, will show.

But for all the enjoyment that the readers of the Marby Rune Library have, I ask you not to forget that everything that is written in these books is decisive today and in the future for all those who get hold of these books, as well as for the whole of humanity.

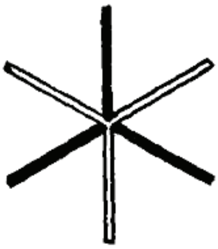
> Knowledge without application is dead, knowledge and action - that is life!

Therefore, because the application of the runes is the most important first, everything else related to the consideration of the runes as symbols, as characters, etc. was put aside.

For this reason, a series of further volumes dealing with the technique of runic gymnastics will be published after this one.

Later volumes will also deal with the cosmic, astrological and heraldic aspects of runes and so on.

The author.



(Gab-al [ſchwarz] und Tych-ſal [weiß] verbunden zu Hag-al.)

„Zeuge das Heil, hege das Heil, gebe das Heil!“

Run!

In the German language, runes are the ancient sacred signs of the Germanic tribes, which, as already explained in Volume I/II, are and were anything but mere characters. In Norse, rune means "Runor", in the plural "Runorna".

The underlying word for the words rune, runes, runor, runorna is " run" in vowel exchange:

"Ran, Ren, Rin, Ron" - with joined vowels: "Rän, Arin, Rün, Raun, Raun".

When reversed, the above words result in: "nur, nar, ner, nir, nor".

A " run" is still used today to describe a "rush" on a bank in the event of an impending bank failure or a run on any occasion. A run has a certain direction and great willpower, great speed and a goal that is often pursued from several sides.

We also find the related words "Ren" in "ren nen" and "Renntier", - the related word "Rin" in "Rinnen", "ent-rinnen", "rein" and in "Reinheit" etc.

Today, the inverses in "nur" show the limitation to something existing in itself and a mostly unelongated insufficient value. In "nar" we have a word that still exists in the Frisian language, meaning " just born", " helpless", " uneducated", "weak" and "nargens" means " nowhere" in the same language. We also find "rare" in the word "Rarr". We find "Rir" in " nowhere" and " Rvr" in "Rvrne". We know the Rornen " Urd", " Werdanda" and "Skuld" as the Rorns of the past, present and future. It is possible that the Rorns were once called Rurns, like the "Lure", the ancient sacred horn of the Germanic tribes, which somehow has a connection to the "Lorelei", and not only linguistically.

So we have in the words "Ran, Ren. Rin, Ron, Run" we have the onslaught, the current, the speed of the B 'Ms^W'ng - but in the words "Rar, Rer, Rir, Ror, Rur" mostly a reference to the time or temporal conditions and circumstances (the Rarr appears at the time of conception, in the Kar neval).

If we start from this attempt at interpretation, which can of course be extended further, and from its results, we come to the view, just by looking at the word "rune", that the rune is about forces, streams of force, force fields, directions and effects, but that it also generates these forces, currents of force, fields of force and effects, for we know today that sound waves alone, generated anywhere, are capable of triggering effects in the material world (see Chlaönian sound figures).

The " run" is the "run", the flow of power that is sure to come forth and roar through the whole world. To know the runes means to know what the "run" will shape in the future, what it has shaped in the past. To form runes with one's own body, in one's own feelings and in the runic language means: to **set world forces in motion and to shape them according to the measure of one's knowledge, will and ability!**

Not knowing the runes and not using them means: being at the mercy of fate or the will of others - but knowing the runes and creating and setting the rune in motion means **shaping fate, at least improving it and independently co-creating with the "powers" that created and maintain the world.**

And it is always the case that of the three values: "knowledge - ability - action", ability is influenced by knowledge and action, is at the center. That is why knowledge alone is not enough. Knowledge must unite with action to become ability, which then again brings true knowledge, and in daily practice the run, the living, raging stream, which alone, developing further, can make the earth a hard God.

So whoever does not know the runes, whoever does not run, whoever does not oppose the influences to which he is exposed from all sides with his own conscious will, not with an onslaught, not with his own visual power, is powerless against all influences and people and must become the plaything of what is often called "fate", but in truth is mostly the work of evil people and the conditions created by them.

That is why the Church of Rome fought against runic knowledge, why it eradicated all runic knowledge, why it called the lkunenmagie devil's work, because it, the Church of Rome, could only make the Ger lians so unarmed, unstable, unable to resist. Only fo could the Church of Rome create a letter ,ott. introduce a dogma god fabricated in Rome into Sermania and render ineffective the true God who worked in the cuneiform exercise through the free Teuton

machen.

But let's be clear about that. - Even before the Romans entered drGermany, first as warriors, but then as " missionaries" and ni" saviors", the knowledge of runes among the people must have already declined.

de !ght to have been fought by a Germanic priestly caste or withheld ge from the people. Priestly organizations have always the same be endeavor: Dumbing down ja id prevail.

ui Thus, even before the invasion of the Romans in Caesarist and later in "Christian" guise, a decline in ancient knowledge, unity and runic defenses must have taken hold in Germania. Otherwise it would have been impossible for the South to achieve victory in the Rorden by force and lies. Only when a race, only when a people, is stultified by its leaders, becomes dependent, dependent, mentally and emotionally defenceless in the individual, can it be defeated by force and lies.

Any recovery of a people must begin with the individual. - If the cells of a body are healthy, then the body is also healthy.

Rur in the fact that every man, every woman in all Germanic countries regains full possession of all spiritual, mental and physical abilities, lies personal redemption as well as the salvation of the entire Germanic race from destruction.

Only when knowledge of the runes becomes common property again, when runes become our daily work, can the individual and the individual, can we all form not only a wall around us that protects us, but also the "run", the storm forces that will shape the earth according to our insight and according to our will for the salvation of all. -

We are at the turning point! We stand, you stand at the crossroads!

We do not rely on comically conditioned world time periods. What use are they to us if we don't know how to make use of them?

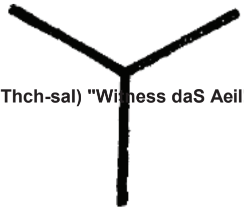
After about 12000 years, the runes are now coming to you again. You can use these books to learn how to form the rune.

Your ancestors admonish! They want to be redeemed through you! - The present decides about your being or non-being! - Your descendants expect you to prepare the way! -

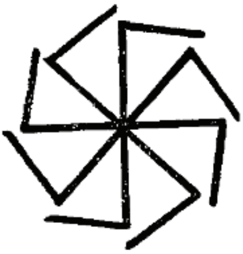
Make the right decision. A great decision is in your hands!

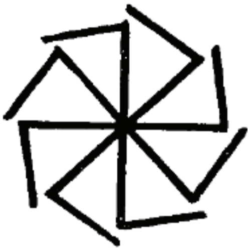
You no longer need to be a victim of " chance", fool of the to be "destiny". You can consciously work on your becoming, you will master the future according to your will, you will stand in a row with the highest spirits through

Kurr!



(Thch-sal) "Witness daS Aeil!"





Today, the Germanic runic weapon is gradually coming back to life under names such as atomic theory/ radioactivity/ radiation science and others.

Far removed from the views and speeches of the pastor and the church, the scientist and the university, the people's thinkers have always gone and continue to go their own way, a way of mental and spiritual development that the pastor and the doctor rightly envy, insofar as they, the pastor and the doctor, can muster any understanding at all for true personal values. With exceptions, of course.

From above, from the pulpit and from the catheder "led the people". That's the way God Mammon wants it, who makes pastors and doctors and grants them an existence with pension entitlement and an "honorable" position in return.

There are probably quite a few priests and doctors who see through the game, but "the stick is in the dog's mouth" and with the all-round control that the confessional is able to exert, even in the bedroom, any free expression of opinion is a hindrance to a "career". - And then you get old and brittle. And it's over. -

And yet: until the individual among the people, whether they have a high school education or an elementary school education, has freed themselves from the suggestions that come from "above", it takes a while and some can't get rid of them at all. Because: " The priest said it". - " The gentleman

Doctor said it" - "The professor, the minister, the councilor have said that etc." -

Thus it was an established "religious" and "scientific" "fact" for the educated and uneducated herd animals that - (as was claimed some 40 years ago and still is today, where it can be applied) - the ancient peoples "worshipped their gods" on high mountains, in the forest, by quiet lakes, at springs and in caves.

Of course, the herd animal "judges" that it must all have been very crude and "primitive" and in the sticky, what could this worship have been good for? - But the educated and uneducated herd animal completely forgets that the worship of his gods or his god is of no use to him and that, if there really is an effect, it is only possible and caused by his own attitude And the effect of worship, as it is practiced today The power of prayer does not extend to the ability to settle disputes, to break sorrows, to see clearly, to hear clearly, to compel the wicked, to help oneself and to heal the sick.

It must therefore be concluded that only what the church allowed its believers to do could later be ascribed to the "heathens" and that from a regressive, culturally unruly Christianity and from an unfree scientific "point of view", **over a mentally and culturally highly developed so-called. paganism was "judged".** Of course, the "judgment" and the "Reporting" is not only deliberately demeaning and contemptuous and condemning, but also, as a result of the decline of all mental values in the "assessor", instinctively mendacious, blind and very primitive.

And yet. Lies have short legs - and - all the machinations of a selfish, domineering church and a gagged science ultimately break down because of the eternal dispositions anchored in the blood. -

As much as the Roman Church railed against the "abomination" of visiting the old holy mountains, sacred groves and places of worship, as much as arrogant scholars mocked the "naïve people" who kept visiting their holy mountains and places of worship "according to old, long outdated customs" - it all came to nothing. -

The people held on to their belief and knowledge of the sacredness of certain mountains, lakes, forest places, springs and caves - and the free, general hikers' movement, which had recently been pushed into all kinds of camps to promote them, and which was supported by Germanic popular feeling - would, in its heyday, bring these old sacred places back to honor as meeting points and excursion destinations.

What was it that made all the warnings and insults and insults of the old holy mountains by the employees of the foreign church inconsequential in the long run? It was the highly sacred radiation that could be felt by everyone, that gripped and filled everyone who had ever visited these places, who had ever experienced a true hour of celebration on the summit of a mountain, trembling with spatial bliss!

What is it that awakens in everyone the desire to spread out their arms and the longing to fly over the vast land that lies before their eyes? It is the radiance of the landscape that streams up from the laughing corridors below to the dome of space - it is the rays of space, the rays of height itself, that directly penetrate those standing here from the heights of the mountain.

Up here on the Dergesspitze, no one thinks of a God as taught by the church, unless the church has placed a chapel or an artificial stone building at the top as a precaution.

The ancient Germanic runic science and the ancient Germanic astrology, which are older than all religions on earth, have always regarded the chin as a force field and the southern astrology, which is a remnant of the good things that the Germanic tribes once brought to the south, speaks of "houses", just as the germanic astrology speaks of halls and halls of their axes and asins.

*The Germanic tribes did not conceive of this force field of the heavens without an entablature, not without an inner division. Axes and directions and currents ran through space, and the spatial forces, directions and currents that filled the universe were captured by their runes in these sacred places. The runes are the formulas of the old Germanic knowledge of radiation, which are developed and comprehended in applied runic practice.

According to our ancestors, everything that was somehow shaped and designed was an effect of the spatial force, direction and flow in space.

Runes bound and runes loosened and the human body had to return to its original state when three consecration rods, i.e. runic rods, were broken over it.

And when runes wanted to create new life, they built the bridal crown out of rune sticks, which still hangs over the bride's head in Sweden today when she takes her seat at the wedding feast. The runic bellows want to create new bodies, new houses for new brothers and sisters coming from the Nile from runic powers and the streams of love in the young woman sitting under the runic crown.

This is how the knowledge of the forces of space, of the forces of direction and flow, went through the thousands of years, variously called, but always alive. It could not be eradicated and - **about twenty years ago - science also discovered a radiation that undoubtedly comes freely from the sky above us.**

At first, the radiation was called "Hessian radiation" after its discoverer Zehr), later the name "Hessian radiation" was used.
"cosmic radiation" , after it had also been referred to as "ultra-gamma radiation" for a while.

It was **above** all the professors Kohlhörster and Büttener, alongside Rothe and the American Millikan, who then made further important statements that **confirmed the origin of the rays from the cosmos.** The terms "space radiation" and "cosmic radiation" also emerged.

In this way, we would also be back scientifically in this field at the preliminary stages of knowledge according to which our ancestors organized their entire lives.

Further research by Kohlhörster and Rothe then suggested that the space rays could not be gamma rays, because their penetrating power was much greater than that of gamma rays. Hoffmann and Steinko and Regener-Stuttgart calculated and

') As "chance" plays--Hetz is the old word for horse, still in use in the north today. The horse is an old Germanic senseimage of the priest.

.... -

The scientists then investigated further and today it is clear that the penetrating power of the high-altitude rays is so strong that it is still present at a water depth of 230 meters (measured by Regener in Lake Constance). Steinko also found that the high-altitude radiation in the Albula tunnel still penetrates a 150-centimetre-thick dyke plate under around 1000 meters of rock. -

Further calculations then showed that the wave length of the cosmic radiation can be different. For the radiation found by Hoffmann it was 10 trillionths of a centimeter; for the radiation found by Regener it was 0.5 trillionths of a centimeter. This means that the wavelength of cosmic radiation is certainly a million times smaller than the wave that we call a "beam of light". Accordingly, the speed is also greater. It is so great that it exceeds the speed of light a million times over, **which means that there is something ^connecting in the whole world that makes time and distance disappear into a "power of".** .

But research did not rest. It penetrated further into the nature of cosmic radiation. After a while, the view prevailed again that cosmic radiation was not wave radiation, but pure corpuscular radiation and therefore ultra-gamma radiation after all.

When considering this area, we should bear in mind that atomic research, which actually initiated the whole of modern radiation research in the first place, also went on to characterize the individual values and properties of cosmic radiation. After all, cosmic radiation exhibits processes, properties and phenomena that were previously established in the field of radioactivity.

Radioactivity and its research taught us about the structure of the atom.

The new radiation research comprises the fields of space radiation (cosmic rays and Liebfen radiation), radioactivity and atomic research. We bear in mind that a sharp and rigid boundary cannot be drawn between the individual fields. In order to be clear about the basics, we will first discuss the structure of the atom.

A few things about atomic theory.

As we know, the atom is the smallest part of so-called solid matter.

An atom consists of the nucleus, called the "proton", and a more or less large number of electrons that orbit around the nucleus, i.e. around the proton, at high speed.

If an atom emits alpha, detha and gamma rays, it decays. A regrouping takes place during which the gamma rays are created after the alpha and betha rays have been emitted during the onset of the atom's decay.

However, the nucleus of an atom usually consists of several protons. To date, around 92 different atomic nuclei have been identified.

However, the number of electrons also varies.

The "different" matter results from the number of protons and the number of electrons. 2But basically there are only two voltage poles are active in the atom: the nucleus and the electrons.

The radioactive atoms (and all shocks are more or less radioactive, i.e. emitting, in different ways), including radium, emit radiation of various kinds.

According to current scientific knowledge, radium (which is a basic substance) emits **alpha rays** (i.e. "u rays", named after the first letter in the Greek alphabet) as radiation. We also know these alpha rays as helium (which is also used to fill airships). However, helium is also a basic substance. As basic substances can only change, the emission of helium has caused the radium to split into two basic substances in a decay.

In addition to the alpha rays, the atom emits **betha rays.** (Detha - b, the 2nd letter in the Greek alphabet.) These rays are electrons. The electron is known to be the negative component of the atom. The electron is also the smallest negative quantity of electricity. So what comes off the atom as betha rays are electrons.

ſto 2.

A third radiation of the atom is then called **gamma radiation** (after the 3rd letter of alpha beth). Gamma rays are "seen as waves". Their length is calculated at one ten trillionth to 0.5 billionth of a centimeter.

All these rays therefore emanate from an atom when it decays. However, decaying atoms are probably present everywhere in matter.

(I assume that atomic decay occurs when the momentum that led to the formation of the atom flattens out and changes polarity (or is reversed) in such a way that the spin within the atom decreases in both force and speed. Atomic decay would therefore be the result of atomic fatigue).

This is how far the view of science had come.

Run something regretful.

On December 3, 1931, the English physicist Rutherford spoke about the latest result of his latest atomic research and said, according to a report in Danish newspapers:

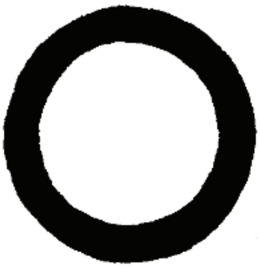
"We are clear about the origin of the gamma rays. They come from the alpha nuclei of the radium atom and not from the electrons."

Rutherford's communication now allows the following conclusions for the science of the atom in my view:

Nuclear particles are already present in the alpha rays and, together with electrons in the new helium atom, form the atomic nucleus and the electrons. In other words, a new regrouping.

The betha rays are free electrons that have not yet been able to find their way to an ejected proton before they leave the region of the atom.

The gamma rays syrw^r^parts that could not group with electrons before leaving the atomic region.



My views on the origin of the matter, as I have made clear in public lectures since 1§>L4.

The results of Rutherford's and his coworkers' investigations confirm what I found from their paths, although my research goes and went further than that of Rutherford.

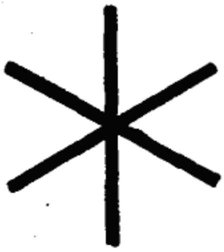
Science does not yet know how an atom is formed. Today, science knows about free electrons, free rays coming from outer space and from the earth as well as from atoms, and the "material" values atom, molecule etc., but where the proton comes from, and where the electrons come from and how they unite at one time and occur at another time, science has not yet been able to answer these questions.

I already provided important information about these questions in the years 1924 - April 1931 in public light-picture lectures in Germany and Sweden. At that time I already spoke in detail about the development of the atom and matter within the stellar space, i.e. the space occupied by mj^solvers^ ......", on the basis of some self-designed and self-drawn light pictures, which I present below.

The readers of these lines who attended these lectures will remember the content of these presentations well.

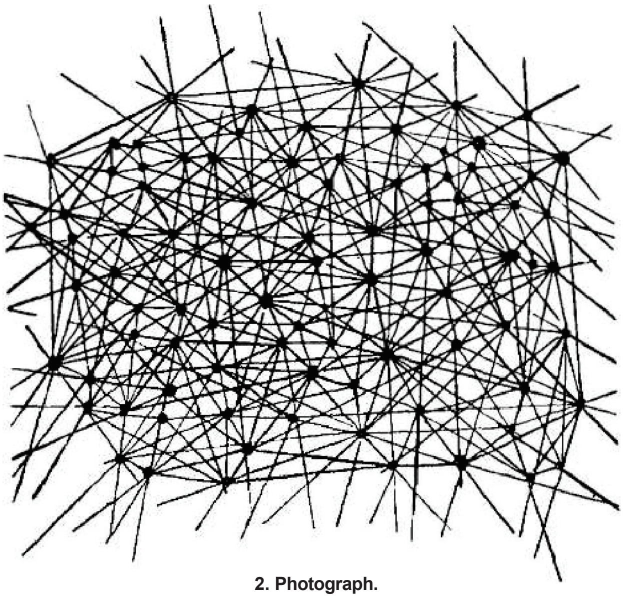
I bring here a print of some photographs which give an insight into my interpretation, photographs which I also showed everywhere where I gave lectures on love and marriage, astrology and botany, and described the development of the soul and matter within the starry realm.

We see in the pictures:



1. Photograph.

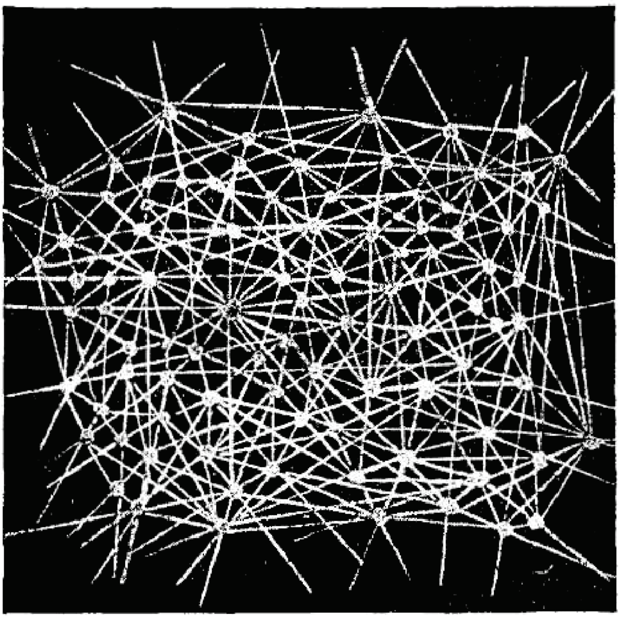
1. Light image: The Hagal rune as a sign of the three densities (dimensions) that prevail wherever there is space and any matter.



2. Photograph.

2. Photograph: A schematic representation of stellar space, the stars as points, but the mutual influence of the stars through rays, as lines. Where these lines meet and intersect, I explained, something rue arises in space, a vortex with its own sensation, materially the birth of an atom, spiritually a point,

to which a human soul (soul force field) urging rebirth feels attracted. In this way, a soul force field can link up with the nascent atom in order to later proceed to molecular formation through sympathetic (electrical) attraction.



2nd photograph (in negative).

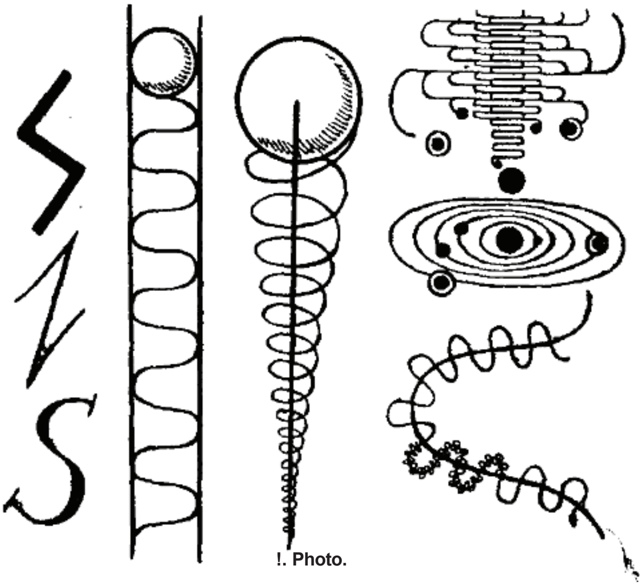
The same star space as in the 2nd light image, but the stars and the star axis rays are drawn in Weih.

3. Photograph: Gin Photograph containing the following schematic drawings, which were explained in detail in the photographic lectures:

a celestial body (sphere) with a constant spiral, as proof that what the Lheori?1wr radio waves teach cannot exist. A certain electrical quantity always corresponds to the surface of a sphere. The wavelengths that are emitted cannot therefore have the same length far away from the transmitter as in the wheel. Since the spiral is now very closely packed on the spherical

surface, this shortening of the shaft makes itself felt.
>a mission on earth is not noticeable.

In addition to this sketch, the same photograph then shows a chemical representation of the actual processes. Don
>In a celestial body, the surface force flows off to one side in a spiral velle. The spiral tapers. Its wavelength is always different. Within the spiral, however, there is something known to science, **the axial ray.**



!. Photo.

Where the axial ray and the spiral come together, an almost plate-shaped or lenticular vortex is formed, the atom, which now moves freely as its own sensory field. In the meantime, further new atoms are formed at the atom formation sites wherever the axial beam and spiral meet.

In the atom, the axial beam prepares the atomic nucleus, the spiral the electron.

On the left of the photo we see the ~~Germanic 8-nune, the sign that~~ our Germanic ancestors used for the spiral in the knowledge of these things and which they understood linguistically with the "s" sound.

Under the 8-rune we then see a long-s of the German cursive script, but here the axis ray is horizontal.

Under the long 8, the so-called Latin 8 is then brought, also created by Germanic peoples, but since the so-called "Latin" script is a pronounced spherical script, in contrast to the runic script, in a form that is quite natural. (The "Latin script" was "once the script of a Germanic order.)

At the top right of the photograph we see the movement of the planets around the sun, also in spirals. For illustration purposes, the sun is shown moving straight ahead. Only 4 planetary spirals are drawn. The point under the narrowest spiral represents the sun, the narrowest spiral that of Mercury, the next that of Venus, the next that of the earth and the last that of Mars.

Below this schematic drawing you can see the same in top view.

At the bottom you can see schematically the movement of the sun, the movement of the earth and the movement of the moon. I had to draw the earth and moon spirals without intertwining.
. for the sake of clarity of the picturer ^ ^ '

4. Photograph: A photograph with four individual images.

Top left: The meeting of several star axes (spiral axes) iiti star space, the point of formation of an atom with a multiple nucleus and several atoms, at the same time also^r_.point1^"of.-tE.Er. Ssoul' ready for rebirth (the S^E is a tension complex that senses the universe).

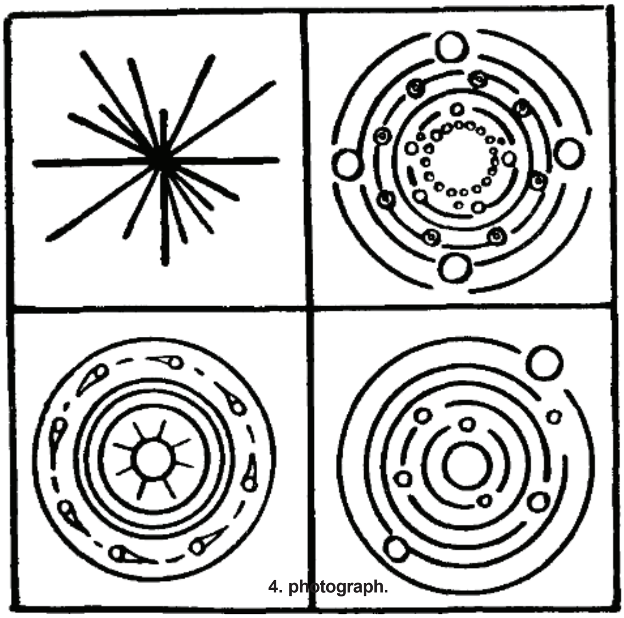
Gluten on the left: An atom. Image of the play of forces during formation.

Top right: A soul atom consisting of the individual stellar axis and stellar surface influences. The proximity and distance of the electrons is determined by the angles at which the spiral axes meet.--------------

Bottom right: An atom. In the center, the nucleus, around the orbiting electrons. At the same time, the image of a solar system. In the center the sun; around it the planets. All schematically arranged.

I am reprinting all of these photographs, which have been shown in hundreds of articles since 1924, in order to clarify the picture in every direction and to prove that I do not need to wait for the results of experimental science. It can only confirm what I have already found.

But therein lies the marvelous fact that the result will prove to be the same step by step (as much as science will advance), although



4. photograph.

the research path is different. - Science experiments and calculates and draws its conclusions from this. - I got to where it only got to later in several ways. And my research paths are: the Germanic ru. "ns, the ancient Germanic "Fairy tales", the old Runeix words, customs and traditions that still exist among the people and a temporally and factually clear view based on the. hereditary good in my body and in my soul. It is clear that my all-round studies were necessary in order to produce a result.

If science now rejects my research paths, it can. - That my paths of research are not less secure than those of science, but much more secure and nevertheless, that I could and can only devote myself to my research on the side, in addition to my daily tasks, nevertheless lead much faster to the goal, was already proven in 1924 and - what from Volume II of the Marby Rune Library the rune practitioners everywhere have already experienced as clear successes. -

In order to further clarify for the reader what it is all about, I will now bring another picture, which is primarily intended to show how an atom is formed with two nuclei and two electrons. I have to use this picture because it was much easier for me to discuss the details in further explanations. (See picture "The birth of matter" on page31.) Which is not possible here.

I will now move on to the points that deal with all the questions.

The birth of öes Stoff.

It was in the first decade of this century that I came to realize that the electricity with which technology works today is basically only the electricity of the surface of things and that the essence of electricity is based on the **reciprocal effect of things and substances and spaces,** on the reciprocal "effect of things on each other.

Further, I realized that any shape that deviates in any way from the spherical shape must have at least a partially destructive effect, but that a creative, formative effect of the surface or inner surface of a sphere " Md From its center
can go out. - X >...'

Since a decrease of the surface force of the sphere (of the celestial body) "had to take place simply through its own rotation and its locomotion," the surface force of the sphere had to move in a spiral form and, in addition, the effect of the diameter of the sphere and the associated decreasing world lengths in the individual spiral sections had to be in proportion to the diameter of the sphere.

Die Geburt des Stoſſes.

Zu Bild 1 und 2:

Himmel ,

b) Himmelskörper-Mittelpunkt, von dem die ital6paØ en ,

c, c 1—3) auãge§ex{6p

d, d 1—4) die Spirale,

e) il

9Ittmb ò i i n ø $ p u n t t .

mit zwei Protonen und mehreren Elektronen ent t.

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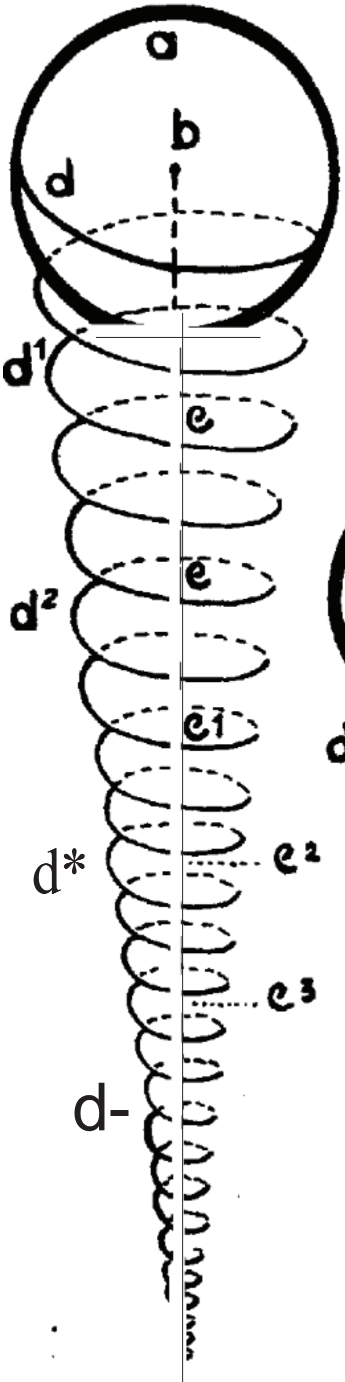
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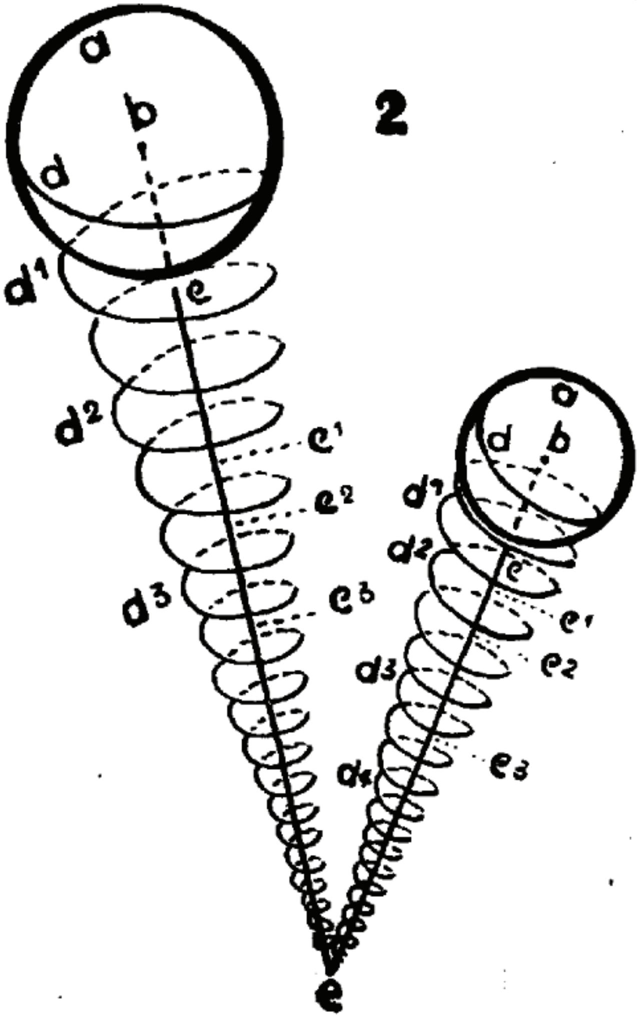
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to the length of the spiral axis. However, this spiral axis extends from the center of the sphere to the point at which the spiral axis meets the surface spiral of the sphere. The spiral axis has its root in the center of the sphere.

At the meeting point of the spiral with the spiral axis, the atomic nucleus is formed, consisting of the part of the axial beam that is now separated from the axial beam. This particle of the axial beam "forms" into the atomic nucleus.

However, the part of the spiral that came so close to the axial beam that unification was imminent cannot give up its whirling movement, but must continue it, continue it around the nucleus now formed from the axial beam part. This creates a vortex, a field of tension, the atom in which the electrons from the torn-off part of the spiral were formed.

In the atom, the spiral that once came from a celestial body, transformed into an electron or several electrons, continues its movement. However, this movement will have to be approximately circular, because the axial beam part, which became the positively attracting atom nucleus, no longer continues its movement.

Where the spiral axis ray and the spiral come so close together that the lateral movement of the spiral can deflect the spiral axis ray is the point at which an atom can and must form. We call this point the atom formation point.

Billions of new atoms were **formed** at the atom formation points. mapped atoms.

The newly formed atoms, since they no longer have any connection with the "sensation" flowing from their celestial body of origin and because they have something new within them, an almost plate-shaped electron vortex, also have a **completely independent perception of the external world.** This is the beginning of an independent life of matter in space, an independent life of a field of tension that is certainly in space, but is exposed to the most diverse influences.

Every free-standing celestial body has a sphere around it at a great distance in which the atom formation points are located next to each other. Since newborn atoms are constantly migrating from these atom formation points every free-standing celestial body at a great distance is surrounded by a layer of free atoms created by it — ....

Epiral axis ray and surface spiral usually unite in free space at the atom formation point to form an atom with a proton and an electron. We know this atom as the hydrogen atom, which, according to ancient and modern science, is the most widespread atom in the universe.

The aggregate state of the celestial body, the rotational speed and its movement determine the wavelength of the spiral in addition to the size of the celestial body. -

Where, seen from a point of atomic formation, two stars stand one behind the other, then, if the spiral ~~of the~~ rear celestial body is so wide that it does not overlap the closer celestial body, the worlds overlap and thus two spiral ends unite with the common axial beam. The result is possibly an atom with one nucleus and two electrons. Since this position is rare, the formation of such atoms is also relatively rare.

Where axial rays and spirals of several celestial bodies meet with their atomic formation points in the free tree, the structure of the atom depends on the angles at which the axial rays meet. These angles are decisive for the position of the individual nuclear particles in relation to each other, i.e. the nuclear grouping. The number of electrons and the number of nuclear particles is determined by the number of spirals and spiral axes involved.

Today there is no doubt that hydrogen, oxygen, nitrogen, silicon and iron can and do form in the free space of the universe. Today's science thus confirms what I explained in a lecture in Stuttgart in 1926, held in the Bürgermuseum, namely that shooting stars are not "debris from celestial bodies", but rather substances formed from the rays of the cosmos, above all iron in the vicinity of the earth. I came to this conclusion because I was able to observe ball lightning and a particularly large number of shooting stars at certain star positions.

The same applies to the formation of hail, snow and rain, albeit from different beam angles. However, this also makes Hörbiger's theory of hail ice fragile. The shooting star swarm of the Leonids is thus explained by the fact that the earth enters a zone in which the position of the earth's axis causes a coupling of axial rays in space and thus the formation of "shooting stars". The frame
"shooting star" has proved
proved to be genuine.

The different distance of the atom formation point from the celestial bodies is usually dependent on the radii (radii) of the celestial body. The spiral length is very large because the distance between the spiral axis and the spiral axis is very small at the places of atom formation.

As a rule, the Earth's atmosphere still contains the natural atom formation points of celestial bodies that are far away from the Earth.

A spiral always produces at least one electron in the division of its spiral.

The spiral of surface force departing from a celestial body can be captured by an axial ray of another celestial body, which is then located in the vicinity of this exposed axial ray. As a result, the former axial ray is partially exposed and attracted by the celestial body, which is then located in the vicinity of this exposed axial ray. **The vertical rays consist of exposed axial rays.**

Similarly, superimposed spiral waves can drift beyond the atom formation point. Since the axis conducting the spiral is then missing, free electrons are formed from these drifted spiral parts, which are subject to the law of agitation as the smallest negative electricity quanta. .

Where the atom formation point lies in the vicinity of another celestial body, there is an increased and varied atom formation, because the number of rays breaking is significantly greater here. More rays coming from the celestial body (sun, planet, moon) always act in the vicinity of this celestial body. The surface of the planets also plays a major role as a mirror. These influences cause the spirals of the distant celestial bodies to be deflected from their spiral axis rays.

torn. This frees the spiral axis jet. A vertical jet is formed again.

Atomic formation points that enter any pre-existing matter naturally cause a molecular rearrangement in the matter found in a certain direction and to a certain extent "because an atom is formed that somehow couples. Certain star positions can therefore lead, for example, to the explosion of nuclei and can also cause a certain change in the "properties of any matter, depending on the matter into which the atom formation point falls.

Whether atomic decay occurs in free space would first have to be proven. On the other hand, atomic decay can occur in the atoms of denser bodies where an atomic nucleus in its positive attraction is no longer able to counteract the negative counteraction of the electrons. This is the case with the radium atom, for example. The atom then dissolves again into radiation and even if this dissolution of the atom is able to form a somewhat different kind of matter in the meantime, this matter is still only partially bound radiation again, which, now in a different material state, will one day also dissolve into what it was before, namely into radiation.

Vagabond electrons.

In the atom, the electron (or several electrons) is forced to orbit around the nucleus, but as we know, the so-called electrical and magnetic processes are largely due to the movement (flow) and accumulation (voltage) of free electrons.

The electron is a real globetrotter, a vagabond. That is why I spoke of "vagabonding electrons" in the heading of this section.

The question arises: How are electrons released?
Electrons can be released during radioactive processes, i.e. when an atom decays (as detha- rays). ---

However, just as electrons are released when an atom decays, they are also released before an atom is formed, or in other words: when atom formation is prevented.

Where a spiral flowing from a celestial body is torn apart by other influences on its way to the actual atom formation point, free electrons (and free spiral axis rays) are created. These influences are particularly numerous and strong within the area of a solar system and in the vicinity of a celestial body (sun, planet, planetoid) as well as in the magnetic and atmospheric shell of a planet (e.g. the earth).

The surface spirals and spiral axes of **nearby** celestial bodies are often resolved into free electrons MV free axial rays, at least in the direction towards each other.

As a result, free, vagabond electrons are constantly forming in the earth's atmosphere and in the earth's magnetic aura, thus filling it. We are always surrounded by natural free universal electricity.

The number of relatively constantly forming^ electrons must naturally change within a solar system in periods of particular solar expansion. -

Under certain influences and conditions, the vagabond electrons can unite to form hollow spheres with their own special internal voltage field (ball lightning, light balls, etc.).

The wandering electrons are attracted by positive HMers (possibly also by a human body with a positive attitude (polarization).

Kreigeworöene axial rays.
(Elevation rays.)

Where free electrons are formed, the axial beam belonging to the spiral and originating from a celestial body (or a sphere) is exposed.

The axis beam now continues to move independently in the direction it was once in.

The bared spiral axis ray either attracts an electron already in the earth's atmospheric magnetic mantle and thus binds the hydrogen atom (or with several electrons and by combining with other axis rays also other atoms) or it binds in the atmospheric layer with free atoms and other free axis rays

- or the spiral axis will move unconnectedly as a crescent into the earth in order to finally bind itself here somehow^or to travel through the earth. The spiral axis will always strive to penetrate to the natural atomic formation points determined by its origin. This is also the reason for the strong penetrating power of the high-altitude rays.

Basically, the axis beam has the same direction once it has been taken. However, the direction can be changed by the lateral attack of other strong influences.

Free axis rays can also be influenced in such a way that, especially when they reach the atmosphere of a planet, they are transformed into short spirals.

The axial ray of a spiral, whether it is still within a fine spiral or has become free, always consists of an interrupted ray whose individual parts can change in length, especially at a greater distance in front of external celestial bodies.

Axis beam parts and helical gear are always in the der-
^LLKMEer.

Free nuclear emissions in the atmosphere.

In the atmosphere of the earth (or another planet), atomic formations can also occur in the way that earth rays or rays emanating from living beings or objects combine with electrons.

Likewise, from the earth or from certain living beings (where the same direction of radiation prevails locally from the location, e.g. at
or
from objects, favor the formation of atoms along their path. The atom formation achieved will always depend on the strength and type of polarization of these rays.

[illegible](Neubildungen)

Weather breakdowns

The following volumes of the Marby Rune Library will cover this area.

Concluding remarks on the above draft of a comprehensive radiation science.

Ultimately, every radiation and every wave is only the way in which the solidified and immaterialized space perceive each other and the way in which both, depending on "their" states, their demarcation and their mutual distance, affect each other.

What radiates from a celestial body (or from a sphere) is not "force", but the way in which this celestial body (or the sphere) is perceived in the space around it.X

Sensation has thus become everything that is power, that becomes and has become matter.

Just as a sensation triggers in us repulsion or inclination, sympathy or antipathy, just as our perception of the things around us evokes an echo on us and in us, it is exactly the same in the world of "inanimate things". But we will be forced to drop the latter concept. -

An in-depth consideration of the emergence of matter from the mutual perception of the world spaces (whose first state before the beginning of the emergence of the heavenly body must have been a streaming (run!)) leads us not only to the recognition of what we call the world soul. Plonet soul, human soul, animal soul, plant soul, etc., but also to the recognition of the essence of the soul in general. -

I am writing the latter for those who are sufficiently developed to be able to clearly grasp great insights that have been popularly formed. Those who cannot yet understand may put the thought aside for the time being. It will mature and one day become clear.

Our use of the results of radiation science.

That sensation is the original source of the origin of force and matter^is proven by the results of radiation science, if we know how to interpret them correctly.

The way in which the materialized and immaterialized space is perceived leads to the formation of the events and the material and to the corresponding design.

Since we ourselves have a material body, we are, whether consciously or unconsciously of our ability, the evoker and creator of new currents and new forces that somehow call forth events and material formation and shaping around us.

This means that the way and level in which we train our bodies to achieve a high level of sensitivity and the direction in which we use the increased radiation will determine our fate and the prosperity of our environment and our descendants.

The starting point for all the forces we set in motion is our perception.

"Our perception is also a property of a field of tension.

This field of tension, which was formed before we were born, has a cosmic origin and also created our body, just as it causes it to grow, to travel and to clear.

Fragmentary knowledge of this field of tension has survived from the heyday of our ancestors to the present day. The church calls this field of tension the "soul" and claims to want to "care" for it.

What is needed to make man in the image of God is a harmonization of the field of tension and its greatest power.

This is only possible if thoughts of fear, which always cause disharmony and weakening,7 are avoided. .. ..

Disharmonious fields of tension consume themselves. Weak fields of tension are absorbed by other fields of tension. - A true church should know this and a true church would act accordingly.

Anyone who harbors thoughts of fear, even if they are " religious" or "scientific" is a murderer of souls.

Whoever prevents the field of tension of another from strengthening itself and achieving its full and clear effect, but on the contrary endeavors to weaken it, stands in the way of the All-Creator, for man is, as his physically, organically and mentally most finely developed body proves, **the being who, according to the world order, is the representative of the All-Father** and his best instrument according to irrevocable laws.

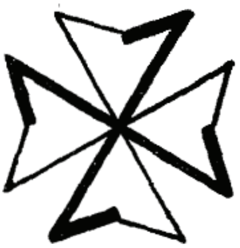
Fine, clear feeling on a ^natural basis, sharp, open thinking and a will attuned to what is good, beneficial and developing are the foundations not only of this life but also of eternal life. -,

So, step by step, we clarify our findings, sift our experience, test our knowledge, grasp our goal and strengthen our will.

But all these requirements are summarized by one customer:
Runic lore in the applied runic exercise.

The training in those sensations, thoughts. Body positions, word pronunciations, movements and expressions of will, which the runic lore opens up to us in the runic exercise, in the runic gymnastics, is not only a path, but the path that runs through and blesses all our daily work, wherever it may be, and also the daily sacred task that crowns us and through us God's Creator.

From "feeling, thinking and wool" to power, and **in -er runic gymnastics to impact and design!** Thus we build not only in God's frame, but also in his will, as a tool indeed, but as a knowing tool! And **this knowledge is the highest happiness that can ever come to man! -**



Marbh Rune

[redacted]

The Lrüstrahlung.

That there is an earth radiation, i.e. a radiation which emerges from the ground in certain places and influences people and animals not only in terms of health, but also mentally and spiritually, this suspicion was already forced upon me by experience in the years 1907-1911, namely from observations I made in the cities of Hanover and Linden, as well as in their surroundings, namely from events which always took place at certain places and locations.

I came from a legal background, because at ~~the time I was a~~ sideline local reporter for almost all the local -newspapers.

It struck me that the same events, important to a reporter, always occurred again and again in certain parts of the city. Indeed, I even had to observe that in places where I had already noticed several disputes, passers-by who had previously been talking calmly to each other got into arguments, especially when they stopped there. - Nor was it a blessing for house owners and shopkeepers in these places. Either the stores were always empty, or the businessmen went bankrupt, or there were break-ins or fires. There was always "something going on" in these places. In addition, there were many sick people, gouty people, people with veins, questionable existences, divorces, quarrels between the residents and all sorts of other nice things^........ ---

The type of business conducted in the houses was also telling when you looked at the overall picture. - There was an inn, opposite a so-called produce store (i.e. a trade in rags, old

Iron etc.), next door a hardware shop, next to it a butcher's shop, on the left a hairdresser, then a bookshop with questionable books and writings, but a bakery, a store selling knitwear or textiles, a shop selling painting supplies, a picture framing store, a chemist's, an art shop, did not survive. A greengrocer's shop vegetated and the greengrocer's wife went through night and fog with her husband.

And it was like this in almost all places where there was always "something going on".

When I immersed myself in astrology, I learned to know in advance when "something was going to happen". It was usually the Mars aspects that triggered some kind of event in these innocent-looking places.

But why here in particular, that was a question, why not in other places? And why did certain businesses stay here and not others?

Thus the assumption arose in me that there must be a special kind of ground radiation here, which became particularly lively and strong under the influence of cosmic rays.

For not only in the present had something special taken effect here, no, also in the past and the future would always bring special evidence of a "§eaiu8 loci" a spirit of the place, which, hm, - the ancient Greeks already knew. - So my view was not new. -

So that's how it was and still is today: there was an old battlefield. The nearby city continued to expand. A knacker's yard had to be set up. It was built on the old battlefield. - There used to be a barracks in Stuttgart. Several murders took place in the old building. New barracks were built outside the city. The old building no longer stands. Today, a large amusement arcade stands in its place. But it's not cozy in there. Then there's this, then there's that. The visitors have a special touch. The staff too. There is an underground toilet in front of the restaurant. The corner is a meeting place for certain "ladies" and "gentlemen". I once broke up an incipient brawl there with a runic exercise from a distance of about one hundred and fifty meters. - There was and is always "something going on". There will always be "something going on", but rarely anything good. -

It is the "genius loci", the spirit of the place. But this "Spirit" is a ground radiation that I classify astrologically under "Mars". A certain type of radiation that creates a corresponding environment, corresponding feelings and thoughts, corresponding impulses and actions and corresponding events. Especially with Mars aspects.

Of course, there are also places that are influenced by ground radiation in other ways. And that's where people are drawn to. - There's a bench in the green. Strange, there's nothing really special about it, but that's where the young couples and the pigeons always go. And the beggar knows from experience that it's "good" near the bench. Even the policeman, who is usually so dashing, becomes good-natured here. - Doden radiation: Venus. This means: a ground radiation that has a favorable, calming effect on people and animals. There is also a monument nearby. Not a man of war, not a prince - but the poet Hölty. So Venus again, and how fine and noble.

Certainly, for the beginner in such a school of observation, everything is at first somewhat unclear, confusing, multifaceted - but - it sharpens, sharpens the view and the inner guidance becomes more secure and the judgment more weighed.

I found the rarest copper engravings and rarities at favorable Venus aspects in some corner of a store completely unknown to me in cities that I reached by train for the first time an hour ago. And I found the most important findings in the field of nunena in many an old courtyard, "on" "some unworldly terrain with Saturn aspects and Iupiter aspects.

But all this is nothing special if you know that the "Fenlus loci" attracts what is ihin<Simultaneously and most with certain star sounds^

Life is the finest school and God himself teaches us. We just have to pay attention. And be able to bide our time. Then we must also take advantage of it.

The question now arises: Where does this earth radiation come from and how does it develop?

For the time being, we need to make a separation, a separation that is important.

We recognize the earth's radiation because it is undisputed among experts. I only have to remind you of the success of dowsing at all times. But let's divide earth radiation into ground radiation and air radiation... And for the time being we will discuss ground radiation.

The brine radiation.

My investigations led to the result that not only the radium atom emits actively, but also a whole series of other atoms.

The view that all substances are radioactive and that it is possible and certain that the sidereal pendulum proves to be a reliable indicator of radioactivity in its curves and deflections is becoming more and more prevalent.

We know that the sidereal pendulum performs a different movement over each material. For example, under certain conditions it makes circles over gold and elipses over silver. Other metals and substances also trigger certain pendulum movements, certain Penhel images.

We cannot determine what causes the pendulum movements, but we can assume with certainty. It is assumed that every matter emits certain radiations which flow off in a certain direction or pulse back and forth or cause a certain field of radiant energies around it.

Dowsing research has also been providing information about the radiation of certain substances, which are usually stored in the earth, for thousands of years.

The success of the dowsers was reported before
30 years ago, people in scientific circles of a certain color do not like to talk about these successes, which can no longer be disputed. Millions would certainly have been spared in unsuccessful exploration attempts if the mining companies had believed the geologists less and had consulted a competent dowser from the outset. And so it is that billions in mineral resources are still waiting to be exploited.

Recently, entrepreneurship has turned more to dowsing. After that, a geologist becomes consulted. The entrepreneur who believes the dowser more than the geologist usually fares best. And - as letters have shown me - the dowser who accurately predicted the presence of oil, potash and coal is often cheated out of his fee by the contractor. -

What is certain is that more and more sophisticated devices can also provide information about currents in the ground and from time to time such devices are reported in the newspapers. However, I have not yet heard of any successes. But the future will certainly bring some acceptable solutions.

The finest apparatus we know plays a very special role in detecting radioactive radiation in the ground: the human body. - There are sensitive people who, when they come to an unfamiliar area, can provide precise information about what minerals or ores or other deposits are in the earth beneath their feet.

The whole body is always involved in this determination, but with certain substances it is always a particular organ, or a particular organ zone. Thus, petroleum is indicated by the taste of petroleum on the lips, silver ore by a sudden onset of insomnia, water by heaviness in the limbs and so on. - But the same geological deposits do not always affect "different sensitives in the same way and with the same intensity. It is also certain that too much sexual intercourse dulls the body and at least makes the result uncertain.

It now arises everywhere where one speaks of sensitive people. who is sensitive and who is not?

Everyone is sensitive to a certain degree and in a certain respect, but it is rare for a person to develop this ability of direct perception and feeling. And yet training is so easy to accomplish.

Every matter that is not human gives us the feeling of
to recognize and distinguish it from other matter. This can be done by me. Gold, silver, precious stones. glass, wool, copper^, mining crystals "and any other materials into a small box of the same appearance and without characteristics, then place these^ small boxes, dilrchkmgnder and

NUN tries to grasp emotionally what is in each box. - Gradually, you set yourself very difficult tasks by looking for a box hidden in your home or outdoors. And so it goes on step by step. The important thing is that you memorize the influences of each substance. Over time, you will become more and more sensitive and the apprentice can become a good journeyman and, with perseverance and good will, a capable master. -

As well as my experience proved to me that the finely sensitive person can know what the earth holds beneath him without any aids, so well did others experience it. In December 1931 I ordered the excellent book "Die Wünschelrute und der siderische Pendel" (The divining rod and the sidereal pendulum), author Dr. Adam Voll (Verlag Altmann, Leipzig) and found the following, among other things:

"Wishing without a rod.

Dowsing without a rod can only be carried out by very select, sensitive people. The Swedish engineer Major Sperlings is a master at this.

He walks calmly and holds his palms against the ground. He has very definite feelings for the individual substances and claims to be able to make much safer observations. Thomany (W. F. 10. Jahrg., p. 57) writes of the patient without a rod that the middle finger remains in the mouth and one or more of the outer fingers, depending on the radiation of the soil underneath, are spread by him at a certain angle; the processes are exactly the same in the case of gases and gas-rich liquids; however, one finger is then raised upwards or lowered downwards. The angles are again adapted to the individual gases. A very special phenomenon is caused by phosphorus and all substances containing phosphorus. All fingers clench into a fist and finally the fist is turned downwards.

H. von Bülow had a peculiar twinge in his back when he walked over water veins, another feeling told him that there were coal deposits here. In this way he discovered the spring in the castle courtyard at Podiebrad.

Author has an extremely unpleasant twinge in the upper thoracic vertebrae above underground watercourses, even above water pipes."

If I now turn to the nature of ground radiation, it should be said at the outset that the field of ground radiation must and should receive special treatment in a volume of the " Marby-Nunen-Bücherei". Soil radiation is so effective in everything that happens and knowledge of the properties of soil radiation is so important that I can only make a few remarks here.

We can probably distinguish between fairly uniform and very mixed ground radiation.

Ground radiation is fairly uniform in mountainous areas where the geological stratification is fairly even. """"-.

But even where there is a layer of sand that is often more than ten meters thick, such as in some areas of the northern German "lowlands", one can speak of uniform soil radiation. It should be borne in mind that a large mountain massif must naturally radiate differently than a mass of stone sand piled up in billions of small grains of sand, which can absorb much more water and air, depending on the seasons and weather conditions and depending on the groundwater.

It is not my intention to write a story that shows us how the body of "Kea", Mr. "Gea" ("Kea" and "Hilkea" are East Frisian first names! -), i.e. the body of Mother Earth, could have formed, and yet we must go into some basic features of this becoming of our planet.

It should be remembered in advance that every kind of matter has a special state of vibration, an electron vortex, a mass of certain voltage fields which originate in the cosmos, but which, depending on whether it is gaseous, liquid or solid, inhibit the movement of matter to a lesser or greater extent. Solid matter - atoms inhibited in their movement.

How and from what the atom is formed is described elsewhere in this book. What is certain is that the earth's core is a high state of tension. Towards the outside, metal vapors, then liquid metal (metal - Met of the universe), followed by solidified metal. On top of the metal would then be the metal oxides, i.e. the earths, which have become liquid locally, are deposited between cooled and melted rocks (primary rock) and form certain foci.

Metal banks, layers of arsenic rock and flocks of liquid metal and liquid rock are intermingled and the latter also come to light in volcanic eruptions.

Further oxidation products are deposited above the arsenic rock and above the layers of liquid rock and liquid metals. (Earths are either oxidized metals or decomposition products of former living organisms). However, these have been or are being changed by the influence of the sea and seawater.

Certain creatures build their bodies in the sea itself. The remains of the bodies form new rocks, which form under certain influences and, under certain conditions, also form clay layers, chalk layers, coral reefs and much more.

Vegetation creates bodies in the sea of air, i.e. from more or less solid ground. These also form layers of earth and rock strata, coal beds, etc. in the case of decay and under certain and special conditions, circumstances and processes.

In the sea, certain animals (including fish) and also on land, a certain animal world corresponding to former times and former conditions contributed to other formations of certain earth deposits.

In between, large areas were covered by sea salt deposits, which later became solid land as a result of landfill or lowering of the sea level.

From time to time, tensions in the earth's crust shifted the entire layers and formations or broke them apart or piled them up "sideways".

Thus, the upper layers of the earth and the surface of the earth itself offer us a very different rich picture and, of course, the individual formations and layers also result in different types of radioactivity and radiation.

There are areas where pure coal is found (Sweden) or coal seams or lignite deposits that are exploited in opencast m[illegible] In other areas there are huge oil lakes. There again one finds thick layers of rock salt and there again in another landscape one finds huge chalk deposits. In other areas there are large, mighty iron ore deposits. Veins of silver and gold are still hidden in the depths and sulphur pyrite radiates elsewhere,

Marble rock or phosphorite rock take on a life of their own"
auf.

Where the layers, as they once formed, still lie on top of each other over long distances, a wide area can have a uniform, at least equal ground radiation. But where deposits of a special kind are present, where so-called earth catastrophes, collapses, displacements, upheavals have occurred, the radiation from the soil can be very different in the space of a few square meters.)he etnanon of the soil, the soil radiation can be quite different.

"So far, we have refrained from considering the inflows of underground and surface watercourses.

What is certain is that surface watercourses (streams, rivers, currents) to mix the emanations of the soil in their kind and in their geoecological stratification.

At the stäMen, such a stream will charge up, which quickly through'^Va^GMnde, because the amount of water is small in relation to the emanation radiating in.

The river is also very strongly charged as it rolls boulders and pebbles down its bed. The emanation, the radiation, radiates upwards from a river at all times and guides the thunderstorms along or drives them back.

But where there are whirlpools and where the water gurgles into the river, there is also a funnel in the emanation field, a beguiling direction of radiation that sucks in the radiation complex of the human being.

Ground radiation is so extremely important because we humans can hardly escape its effects. It is certain that ground radiation will be strongest and densest directly on the surface of the earth, i.e. at ground level, but it can also be assumed that in some places it has an effect up to a height of 260-300 meters, if not higher. This applies to reasonably normal conditions.

The height to which the ground radiation is effective is
In addition to the radioactivity of the geological stratification, it also depends on the type and strength of the radiation in the sky at the time. But more about this later. Certain geological layers no longer have an effect even at higher altitudes, while other layers have a strong resonance and tower above.

The doden radiation is of course very strong in narrow gorges and mines, ch)ecause here the radiation from the side is also very Stoahlung kommt.

TheWiMrigder ground radiation now naturally extends not only to the living beings in the place, but also to the atmosphere, to the air in the place. The "good? air" in some areas is usually the result of the special soil radiation.

For many people today the "gigmart" of 0 Bod enstrqhlung is much more of an issue than it once was, both for radio broadcasting and radio reception.

The fact that it doesrlei ist, an welchem on what ground a transmitting antenna is erected has been proven by the misguided location of many a transmitting antenna installation. But the radio listener must also realize, especially if he lives once in this landscape and then again in that one, that certain stations which are by no means further away can hardly be heard or not at all. - It is also a fact that some very distant stations with low transmitter energy can often be heard better than a nearby station of almost the same wave length with greater transmitter energy. - Even if all other possible influences are taken into consideration, one must come to the conclusion that the ground radiation of the transmitting location is superimposed on the transmitting "wave". In places with poor reception of a station, however, this ground radiation superimposed on the transmitting wave does not harmonize with the ground radiation of the station (if no other influences are present). of the receiver location. Ground radiation .of the transmitting location is therefore blocked and interferes with the transmitted waves.

Roch some material on the issue of Bsden radiation from my magazine "Der eigene Weg", Rr.^ 122/123, July 1929. there it hecht u^ä7: V ,

However, the fact that the DannMlgkeit also"'other physicalTZeelische und geiftigSMMktionen, jsMwon der Art des Wohn ort abhängig sind, ist mM"seit etkvq, 30 Jahren ^knnt und geäufig. Some examples: -

One lady in Osnabrück always had a very strong sense of religion. She moved to Dissen-Rothenfelde (in the Teutoburg Forest). The regularity stopped immediately. She lived 2 years there. Not a trace. When she moved back to Osnabrück, about half an hour after her arrival, her menstrual irregularity became so severe that she was confined to bed for two weeks.

A gentleman, jfraugebo"rner,. had a Hamburg gröhle June very good ftion, in vtuytveschwer- in Hanover. intestinal

He did not eat in Wilhelmshaven, not in Berlin, not in Stuttgart, not in Linden, not in 5HInnover°^M7^He had been in Beisen a lot, but he had already started eating there a while before, but without much success. Whenever he was in these places, the influences of the place made themselves felt.

A gentleman who had suffered from a skin rash for years became free of his illness in East Frisia without doing anything special.

A ^perfectly healthy was, got, when she always got severe back pain"" back pain and<Husfluh.

I myself cured a^Bguer woman, whose one leg was lame, by applying magnetism there in just under 5 minutes in a place near Hanover, another woman of severe colic merely by laying out her hand, also in Hanover, in about 3 minutes, a woman of nervous insomnia also without medication and without touching, without contact at a distance of about 3 steps in about 10 minutes. One woman veM^HeHLM.,Harken...An storm of magnetic fluid the ability to speak. It was a very instructive case. After 5 minutes of localized irradiation of the mouth, she regained the ability to speak. Everything happened without touching her. I magnetized through walls and doors" at a great distance. - In Hanover
- in Hamburg was-it was impossible for me to have "DieNransike" in my HörWsp. -

I only mention all this to show what is possible and I cannot mention the best successes because they would seem unbelievable. However, I came to the conclusion that the soil in Hanover and the surrounding area in particular
It was the environment that gave me this strength and not the drinking water. TroMn A
rivers. But drinking water, the tap water of big cities, often comes from far, far away.

We always come back to ground radiation (and the peculiar composition of the air determined by it).
wird auch das Trinkwaſſer gewiſſe
"ElMsNvenig just as every ground attracts lightning equally strongly, the ground also attracts every cosmic wave equally strongly. And man is part of the earth from which he eats. And between the ground on which he lives and the sky, he is an antenna for cosmic rays and waves. He therefore charges himself with these waves or

is discharged, depending on its own constellation and the ground on which it lives. That's why a change of location can make all the difference. That's why you should "transplant old trees."

So much for "Your own way".

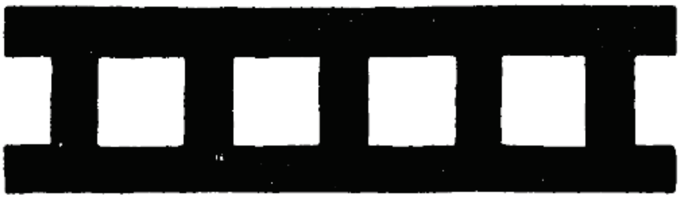
We will now briefly discuss a procedure according to which
Astrology (whose value or lack of value is judged by onl
people with experience in this field) predicts the y
occurrence of certain events for different cities and can°
countries. These calculations are based on a fooD
horoscope that is based on en"
place is placed. - Even if this type of astrology can still be developed further, it is clear that a local horoscope, if it is to serve as a basis for predictions, must do justice to the soil radiation of the place. The local horoscope must therefore express the radiation value of the soil at the location. If a change in the soil radiation occurs under the influence of a changed cosmic radiation, under the influence of a different groundwater level and other influences, then some event must also be triggered at the location (if the other preconditions are present). - Likewise, if the soil radiation changes forever, another local horoscope would have to become decisive.

Bach these explanations, written for connoisseurs of astrology, now something from a very "exact" camp.

The magazine "Kosmos", which is published by a publisher that only accepts academics, published a note in the August issue of 1931, according to which the researcher C. A. Suckstorff established by measurements at the Witzleben radio tower that there is ecd-radiation there. This radiation is said to have an insulating property and is so much weaker the higher it is measured above the earth's surface. It is well known that the opposite is the case with cosmic radiation. Suckstorff also assumes that the rays coming from the earth emanate from radioactive substances present in the earth.

A note that should actually cause the publisher of "Kosmos" to be a little more astrology-friendly in the future.

There is still much to say about the field of dode radiation. But let's put that on the back burner, because it still needs to be discussed in a more suitable place.



The deep radiation.

Deep radiation is radiation that accumulates in the depths of the earth, at least at a greater distance from the earth's surface, and reaches the earth's surface due to some natural law ^Mr due to a special property of the earth, without being largely unaffected by the radiation of the layers around the eruption site (soil radiation).

The deep radiation therefore passes through the Voden radiation or at least strongly colors it, or drives it to
greater activity, or paralyzes it.

The strong effect the Liefenstrahlen indicates and for itself,

1. that they are n field, t are,
2. that they rej
3. that they ~~träftige~~wards of the ward of the
   represent ~~ch polarisier~~
   "mediation. ~~chdam 'n~~

As the "field" The "field" from which the rays of light originate is probably the stress field in the middle of the earth. However, not all the effects of this field will be able to penetrate the layer of glass, the "magma" that surrounds this stress field. Nevertheless, enough radiation remains, but this radiation is further shielded by the nature of the geological stratification.

But where there are watercourses in the earth's interior that "rise upwards and often run through the various layers of the earth over long distances, like the veins in the human body, these subterranean watercourses become the best conductors of this radiation coming from the earth's interior. If the watercourse, which is thus connected to the earth's interior, approaches the earth's surface, this radiation passes through and appears as deep radiation. But

Even very deep watercourses can send the received radiation upwards and this happens when this radiation is polarized in a way that favours the detachment from the watercourse, namely when two water veins cross each other.

Thus, water veins coming from larger veins and lying close enough to the earth radiate - but the radiation is strongest where two such water veins cross each other.

Likewise, the Liefen radiation appears, but not so strongly polarized, where a water vein coming from the depths comes to light, i.e. at a spring. But the same thing that applies here to a water source also applies to a fire or lava source. We know that volcanic eruptions attract or cause thunderstorms just as well as springs and crossings of underground water veins.

Incident~~ally, there~~ must be very close interactions between the electrical state of the earth's interior and the electrical state of the atmosphere. Below is a diagram showing the birth of a source caused by strong voltage gradients.

A hurricane appears on the open sea. In its center is an area of rarefied air, because the air has been swirled out to all sides. There in the center, the water is sucked up from the cloud, but it sucks the vapor down. The upper part of the cloud gets the upper weight. The cloud slurps up the water. It sucks and sucks. Slowly, the trickle of water approaches the coast. Once there, the dune sand dusts up, broken branches and twigs. The drum continues to suck. Finally it stops. It had reached a watercourse a few meters below the surface. The water is sucked up by it, sand and stones swirl upwards, radiation from the watercourse shoots up from the earth and changes and paralyzes the vortex of the air void. The Trombe dies. Where it died, a new spring gushes forth in the future. However, it not only brings its water to the surface, but also the emanations that the water absorbed underground and stores them around the spring as far as they flow out of the water.

I will now continue with some essays from the Zeitschrist "Der eigene Weg" and from other newspapers. This list

The following sentences provide enough details to give a further picture of the nature and effect of the Liefen rays.

First of all, a few things about the effects of the Liefen rays on the body.

The "Welt am Montag" published the following article on August 30, 1931 in Ar. 35, page 7:

The Wizard of Dachau. Etc.

Cancer houses and divining rods.

1. The "magma".

Among the many medical books that appear year in, year out, there is hardly one that has so courageously, devotedly and happily met the demand for popular presentation as "Die Medizin am Scheideweges" (Medicine at the Crossroads), authored by the Karlsruhe physician vr. (Kxwin Blos is the author. And it is certainly one of the most gripping and stirring chapters of his book, entitled "Earth currents and dowsers". It provides the most emphatic proof of this,

"that fire and water are at work underground to create conditions that are of incisive importance for the welfare and well-being of all organisms, plants, animals and humans, and indeed for the forces of nature above the earth".

We earthlings are caught between the rays of the sun and the stars and the rays of the "magma"; they are hostile and friendly forces that mix and cross without ceasing. It is a huge sea of fire above which we live. Just as the ball of the sun radiates our life from above, it is also exposed to the rays that come from below, from the "magma", the fiery interior of the earth. The earth's crust that covers it, the wrinkled surface that we inhabit, has the significance of a tiny skin in relation to the glowing ball of earth. It is penetrated by the jet of force that the magma sends into the atmosphere without any support.

According to the current state of science, it is certain that the molten earth, the so-called magma, is thoroughly radioactive and that its energies can be detected at every tiny point of the earth's crust. Physical science uses sensitive instruments for this, but they work slowly and laboriously, vr. Blos has decidedly more confidence in the exact sensuality of the electrically charged human being, who is thirty times faster in detecting the earth's crust.

The same results can be achieved, indeed, even where the scientific instrument still fails for the time being.

Without hesitation, he confesses to being a dowser, who walks the earth for a long time with a curved rod made of willow wood or metal and recognizes and evaluates the radiation from the earth by the peculiar movement of this rod.

It is the strong neaSiip electrical currents that the magma sends through the earth's surface and which influence all living things in a friendly or hostile way, and which are therefore to be sought or avoided.

2. Crossroads.

"Here is a crossroads," Dr. Blos teaches, "a crossroads for our actions. And because the most terrible scourge, under which millions are wasting away and against which we have so far been able to do so little despite our desperate efforts, is cancer, this most terrible enemy of humanity is placed at the center of attention.

The most important fact is that the strong negative electrical currents from the magma collect and accumulate in the subterranean water veins, which penetrate the earth's crust like a network and in various courses. These water veins are excellent electrical conductors on which the magma currents rise vertically. Their penetrating power is stronger than that of X-rays, they penetrate through houses and have even been detected from a free balloon at altitudes of 1400 meters.

Without this subterranean aMstrZNe, the fire in the earth would never have the violent effects on life. Everything, rays and currents would remain in mild, imperceptible moderation.

It has long been known that the dowser can detect springs when wells are to be closed in areas where water is scarce. But this is only possible because the water sources flow electrically, because water is a proven catcher, collector and conductor of these energies, which penetrate the earth and thus become traitors to their subterranean conductors. And to the dowser, so long reviled by conventional wisdom, they are revealed.

3. How do plants and animals react?

But how do the concentrated negative earth currents affect the inanimate and animate nature of the earth's surface?

And how do they interact with the organic world, how on plants, animals and humans?

Strong earth currents endanger cultivated plants in gardens in particular; young trees wither and die, fruit trees get cancer if they grow above a subterranean water vein. Ants and bees are favored by them; the stronger the currents are over which ants and bee colonies live, the more diligently these little animals work. The dowser can therefore infallibly determine the most productive beehives because they are located on strong currents. When bee colonies swarm, the queen and the entire colony prefer those trees where there is a strong current of earth. If the beekeeper chooses places for his hives under which strong underground streams flow, he will be rewarded for this choice with particularly rich harvests.

Cows and goats, on the other hand, must be protected from the electric watercourses, otherwise their udders will dry up more and more. The farmer is then faced with a conundrum; he believes he can solve it by selling the "bewitched" animal, only to have to go through the same bleak experience with a newly acquired animal. The dreaded so-called blood disease in horses, against which all veterinary art struggles in vain, only occurs when the horse's stall is heavily irradiated. It is reported of an animal that was so severely ill that it immediately became fever-free when its location was changed.

4. But how do people react?

In answering this question, Dr. Blos relies above all on the sensational discoveries of Baron Gustav v. Pohl, who lived in Dachau and dedicated 30 years of his life to the ProNem ^ 'er "WunschMütö. In recent years, this nobleman, who was called the "Wizard of Dachau" by his peasant followers, has worked intensively on the local connections between certain illnesses and detected earth radiation. Numerous dwellings, in which one and the same illness repeatedly led to the death of the inhabitants, especially the sleeping places of the deceased, were subjected to a thorough investigation. Mr. v. Pohl came to the conclusion that mainly cases of insomnia, neurasthenia, rheumatism, sciatica, diabetes, diabetes, kidney and bladder ailments, but above all cancer and mental illnesses.

whose radiation was detected. Various physicians who learned of this result made no secret of their skepticism. They were inclined to believe in a coincidental coincidence of unfavorable factors, but by no means in a scientifically verifiable legal connection. Mr. v. Pohl immediately undertook the by no means easy task of providing conclusive proof of the accuracy of his observations. The researcher specialized in cancer cases. He chose two small Bavarian towns for his investigations, namely

5. Dilsbiburg and Grafenau.

In Bilsbiburg, the crab is regarded as an almost traditional ubÄ, while Grafenau is one of those places where this scourge of humanity is only rarely encountered. The area of both towns was carefully searched for strong earth currents. The results of the dowsing were entered into the town maps and a so-called croquis was drawn up. The mayor and the district doctor then drew the cancer houses and cancer beds in which people succumbed to cancer during a full decade, from 1918 to 1928. It turned out without a doubt that all the cancer patients had been lying and dying in beds that were located above strong negative electric currents or even above crossings of splash currents from different depths of the earth. The deeper the underground water vein runs, the closer it is to the magma and the stronger its electrical charge has an upward effect. The dowsing rod worked so precisely that even the crab bed of the guardian on the market tower in Dilsbiburg was located, although it lies 22 meters above the earth. There is a record of all these findings, which bears the signatures of all the people who kept a close eye on the eerie dowser and watched him with suspicious eyes. He was not left alone for a moment in the location of his exciting research; any communication with the inhabitants was prevented.

Some people in Vilsbiburg, even the inhabitants of Krebshäuser, may have thought of medieval magic when they saw the dowser at work. But you have to hand it to the people of Dilsbiburg, they didn't give the researcher any trouble, they didn't think narrow-mindedly

The people who were concerned about the possible threat to tourism interests kept to the good cause and were not disheartened when the results were recorded in the following minutes.

The protocol of Dilsbiburg.

"Minutes of the inspection of the Bilsbiburg market on January 13 to 19, 1929 on the part of

1. of the gentlemen: 1st mayor I. Drandl, police commissioner Fischer, police constable Schachtner, Christian Lechner senior, Georg Brand!
2. of the dowsing rod researcher Frecherm Gustav v. Pohl, Dachau.

Purpose of the inspection: Baron v. Pohl had offered to make a croquis of the underground watercourses flowing under Bilsbiburg for the purpose of proving that all deaths from cancer must have occurred in houses under which particularly strong underground watercourses flow.

Material: The Bilsbiburg district physician, Mr. Obermedi zinalrat Or. meck. Bernhuber, had at the request of the 1st Mayor Brandt determined the houses in Bilsbiburg in which cancer deaths had occurred between 1918 and 1928 from the mortuary records. This list was handed over to the 1st Mayor by the aforementioned district doctor after it had been compiled. It is certified here that Freiherr v. Pohl was not informed of the contents of this list either before or during the inspection. The directory was permanently stored in Dilsbiburg.

Inspection: Baron v. Pohl walked most of the time with the police constable Schachtner and - without knowledge of cancer deaths - only made a croquis of the underground watercourses. Police constable Schachtner had only been living in Dilsbiburg since November 23, 1927 and therefore could not have had any knowledge of the cancer deaths that had occurred several years earlier. The inspection was organized with all precautionary measures in such a way that any influence on Frecherm v. Pohl was impossible.

The impartial Mr. Georg Brandt, mentioned under point 1 and known to the baron shortly beforehand, was able to verify as a dowser in every case that a subterranean watercourse was always present.

Maps: The attached maps show the areas of the v. Pohl and personally marked in black pencil the underground watercourses that he considered to be dangerous to health, especially cancer. In these maps, the 1st Mayor Brandt marked the 48 deaths from cancer from the above-mentioned list.

Result: The maps show the astonishing fact that "fämMhL "cancer deaths in Dilsbiburg from the strong under earthly watercourses marked by FreiyÄc v. Pohl. As far as the 1st Mayor Drandl, who was informed about the deaths, took part in the inspection, when Baron v. Pohl described a house as cancerous and also indicated one (or in the case of multi-storey houses two) rooms lying one above the other and the position and location of the death bed from the outside, an inspection of the houses in question took place. The information provided from the outside by the baron v. Pohl proved to be correct in every case without exception by questioning the first mayor and the accompanying police officer with the descendants of the deceased: where there were two separate beds in a room, Baron v. Pohl immediately forbade any information as to which bed the deceased had slept in and then, to the amazement of those present, always correctly stated which bed the cancer patient had slept in. Even in the Markttum, in the tower keeper's apartment 22 meters above the ground, the same observation could be made.

Conclusion: It is hereby established that Frei Herr v. Pohl has succeeded to the fullest extent in proving that deaths from cancer invariably occurred in houses, rooms or beds located above particularly strong underground watercourses.

Read out, approved and signed.

Signed on January 19, 1929.

6. The supplement.

However, this protocol was to be supplemented four years later. Although in the meantime " Die Krebshäuser von Dilsbiburg" had caused a considerable stir, although many an anxious mind may have sworn the completely superfluous oath never to spend the night in Vilsbiburg, Freiherr v. Pohl was able to carry out a valuable review of his first experiment. On August 11, 1930, with the assistance of the current first mayor Schöx, the cancer deaths that had occurred in the intervening IV years were also examined to see whether they lay on the lines of Pohl's maps, based on the map of underground currents that had been prepared in 1929 and their emanations. This was also the subject of an official !

Control report.

"The protocol of January 20, 1929 on the cancer research of Freiherr v. Pohl von Dachau, currently in Bilsbiburg, can be supplemented as follows:

The district physician, Dr. Bernhuber in Bilsbiburg, has compiled an official list of deaths from cancer in the town of Bilsbiburg in the period from January 1, 1929 to June 30, 1930. !>

The list contains 11 names, of which 1 case had to be eliminated during today's examination because the dwelling of the person concerned was not on the 1:1000 map.

The examination of the aforementioned 10 cases with the map of the underground streams of Bilsbiburg drawn by Freiherr v. Pohl in January 1929 has shown that all 10 deaths occurred exactly on such underground streams."

Bilsbiburg, August 11, 1930.

Bilsbiburg town council.

^Stamp.) signed: Schöx, 1st Mayor.

7. Doctors do withl

This expedition was followed by others to research cancer homes, although they had to limit themselves to smaller areas for financial reasons. Gradually, their results were also noticed by conventional medicine. Doctors were recruited, trained as dowsers, and even hospital board members became interested in Pohl's theory and its diverse evidence. Various doctors began to prescribe the simplest and cheapest prescription for their patients, which consisted of 8K repositioning their beds. One of the first was again um vr. Blos, who, with the help of a dowser trained by Baron Pohl, also came to the conclusion that all cancer patients under his care were suffering from strong currents or even from a crossroads.

were. A woman wasting away in Karlsruhe, who had already been confined to bed for 6 years, was cured after her bed was moved to a radiation-free room. The speed of her recovery was surprising: when the doctor saw this woman nine days after her bed had been rearranged, he found her in the washbasin doing the laundry. All pain had disappeared.

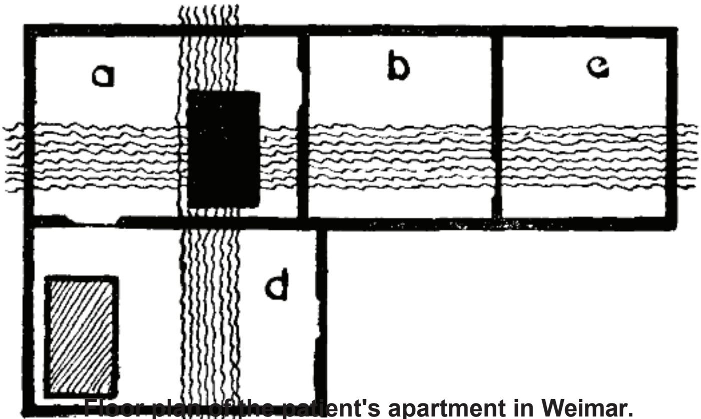
8. At the Wizard of Dachau.

Baron v. Pohl's study has since become a center for cancer research. Interested parties and believers came from all over Germany. Dowsers from near and far turned to the researcher, who came to similar observations and results following his instructions. A card file was created in which valuable material accumulated. In hundreds of reports, the individual cases of illness, their development, their course and their healing after the treatment, which mostly consists of moving the beds, are described in a way that everyone can understand. Baron v. Pohl has kindly granted us access to this card index. The Countess von der Schulenburg, who until recently lived in Weimar, is a long-established rod walker who, together with doctors, enriches the Dachau research work.

9. "Cures.

We wish all medical records were as simple and as positive in their outcome as those of Countess v. Schulenburg. Here is just one example among many: In the case of a patient living in Weimar, the family doctor's diagnosis was: severe nervousness, nervous stomach ailment, insomnia, headaches, especially in the morning. On 28.10.30 it was established that the patient's bed was exposed to very strong radiation from a crossing of strong underground currents. The patient's condition has worsened to such an extent that he is to be taken to an institution.

On 2.11.30, his bed is moved from room a. to room ck. Already in the first night the patient sleeps for eight hours straight. On 1.12.30 it can be reported that the patient sleeps well all night and wakes up without headaches. His nervousness has disappeared, he can do his work, which takes up all his time, without complaints, complete recovery has occurred. Even more striking is the case of a senior railroad official in the vicinity of Munich, whose official apartment was haunted. His two predecessors, who had used the same room as a bedroom, fell ill with severe rheumatism and other ailments, so that they had to retire early because they were unable to work. The last of these two, who had moved away, was relieved of his ailment after only a few weeks, he became completely healthy. The fat owner of the company flat fell ill there with his wife and son from severe rheumatism and back pain; only the two daughters remained healthy. An examination of the flat



Floor plan of the patient's apartment in Weimar. The bed was moved from room s to room 6. The bed is now radiation-free The patient recovered quickly because his bed is now radiation-free.

"The results showed that the parents and the son slept heavily irradiated, while the daughters' beds were free of radiation. Moving the parents' beds to a radiation-free room and the son's bed to the other side of his room, where it was radiation-free, had the result that all three were fully recovered after just under a week.

10. "Gnt radiation".

Mr. v. Pohl is approached almost more often for his support by farmers whose stables are suffering from severe irradiation than for help for the sick and the afflicted. The successes that he has achieved in these areas

The word spread far and wide. One day it happened to Mr. v. Pohl that two farmers from Lower Bavaria, whose farm had been suffering from severe symptoms of infirmity for years, approached him for help. But they wanted something guaranteed first. Only then should the helper go to work if he guaranteed that his help would not benefit a third party who had his property in the immediate vicinity. Only then would the bourgeois durers want to rely on the
"de-radiation" if the neighbor, with whom they had been fiercely hostile for years, would not benefit from the de-radiation.

Moving beds to a radiation-free place or regrouping pets can be done in most cases without cost or special effort. However, there are also houses in which no radiation-free spot can be found. In such unfortunate buildings or estates, the only remedy would be to insulate the beds with a radiopaque material; even better, however, would be to de-radiate entire houses.

Freiherr v. Pohl has not remained idle in this respect either; according to him, his years of experimentation have led to the production of a radiation-removal system that is already protected by a so-called principle patent. This radiation removal system arose from the idea that the earth's rays must bend into good electrical conductors in the earth's subsurface, because otherwise one would find radiation everywhere on the earth's surface, not only above good conductors in the subsurface. This speculation is said to have proved to be correct, because with the largest radiation removal apparatus to date, which was installed in the cellar of Mr.
v. Pohl, an area of around 5V square kilometers is made completely radiation-free, in other words, the dowsing rod no longer reacts in this entire area.

Likewise, all residents who suffer from radiation are relieved of their ailments on this site. Among the many who are firmly convinced that the Pohl radiation facility guarantees their relief from years of discomfort and suffering is a constable who lives on the other side of Dachau Hill, one kilometer away from the radiation facility. He had no idea that his house was one of the properties that would one day be included in the radiation zone. Until then he had suffered from a terrible rheumatism, which often bothered him so much that he could hardly raise his right arm to greet people. One day, when he had suddenly stopped suffering, neighbors drew his attention to the cause. When he now met Mr. v. Pohl, no one greeted him as energetically as the happy constable. And a similar case can be reported from neighboring Jndersdorf. A young man who had been unable to use his left arm for 7 years due to a severe rheumatic disease approached Mr. v. Pohl for help. It could be established that the patient's bed was partly above a severe radiation, namely it was irradiated on the upper left. The bed was moved and the last remnants of the years of suffering had disappeared after 10 weeks.

Finally, one of the many letters that Mr. von Pohl himself received from Dachau about the effects of the radiation removal system should be included here. It is dated May 6, 2000 and reads:

"I have read in various newspaper articles that health and illness, good and bad sleep are supposed to depend on whether one lives above radiation or free of it. A few weeks ago I heard that this can be remedied by an invention of yours that is currently being tested and that my apartment, which is considered to be heavily irradiated, also enjoys the boron part of the radiation, although it is about 600 meters away from your house. Perhaps I can share the following observations with you:

I have lived in this house since I got married and for years before that, with an interruption of about a year. My five children, who were all born in this apartment, all suffered badly from middle ear infections and were prone to febrile illnesses. My second boy in particular, a remarkably nervous child of eleven, immediately had violent bouts of fever during lively play and prolonged reading. My older girl (ten years old) is also overly nervous. I myself woke up every morning with a severe headache. I also contracted severe rheumatoid arthritis and sciatica in this apartment.

Since about the middle of April, I have not only been enjoying an excellent night's sleep with my children, but the severe headaches I was used to when I woke up in the morning have completely disappeared. The children are lively, I can hardly get them out of bed in the morning and they have been looking exceptionally well for about 14 days. This has been particularly noticeable in my second boy, who now looks very well and no longer has any fever attacks despite playing a lot, and in my ten-year-old girl, who is also thriving now. Rheumatism and sciatic pain have also not returned so far. However, I have noticed from time to time that the headaches have returned in the mornings and to a greater extent than before. I then heard that your radiation apparatus was switched off at these points.

I think that these messages may be of interest to you.

signed. Mrs. Clara Busch."

11. Conclusion.

Our report should be read with all the reservations that we all too often miss in those reports that tell of the final discovery of the carcinogen, or of the finally discovered cure, which is then almost always manufactured in the USA. (So far, unfortunately, only the report, never the cure!)

As compelling as the evidential value of the examples given here seems to be, they still have to pass the viva voce test. The fact that, despite all partisanship for the reliability of the dowsing rod, one can also deal with them very critically is shown by the "Handbook of the Dowsing Rod" published by R. Oldenburg in Munich, which has Count v. Klinckowström as its historical author and Mr. von Maltzahn as its practical author. If you want to familiarize yourself with the wonders of the dowsing rod, we recommend this standard work, which we will come back to later.

Nor do we by any means assume that all illnesses are only ever due to harmful earth radiation. However, this does not diminish the fact, which has also been proven by other dowsers, that physical forces are involved in certain disease dispositions.

are at play, even determining the course of the disease. Unfortunately, the majority of us are only too susceptible to the diseases that lurk around the organization like thieves in the night. The night, the nocturnal earth provides them with stolen goods!

Savages resort to spells, we all too often resort to - Chemicals I

How wrong of us to ridicule the savages who get to the root of the causes, while we only try to defend ourselves when the consequences have already occurred. It is no coincidence that the ancient Greeks and Romans occasionally dealt with the "demons of the deep". And the Chinese - just like thousands of years ago - still consult "earth diviners" today. He has to find out whether the building site is threatened by hostile forces of nature, only then is construction started or another building site chosen. Many of our most modern hospitals and sanatoriums would hardly pass the dowser's test, but we think we know about some of them.

If Mr. v. Pohl's theory is dealt with critically at the forthcoming conference of cancer researchers in Nuremberg, and if nothing more can be said against it than professional and professional skepticism has so far led to the negative field, then it is time for the state to deal with it positively, because to our knowledge it has an interest in the health of its citizens!

So much for the "Welt am Montag" on August 30, 1931.

Now an essay from the magazine "Der eigene Weg" from earlier, April 1928. This essay brings something similar to the leprosy from the "Welt am Montag" but **also** shows how the Liefenstrahlung can affect the soul and the thought life: What I described here as my own experience dates back to the

In the magazine "Der eigene Weg" (Marby-Derlag, Stuttgart), No. 92 etc., 1928, April and following moons, we find the following articles dealing with the field of "earth radiation":

Demons öer Vefe.

The "News of the Northwest" Portland Oregon write:

Jahre 1925. —

"All too often, valuable observations gather dust in the archives for decades without being used.

It was at least twenty years ago that dowsers claimed that rooms in which particularly sensitive people could not sleep, where they might see "apparitions", where it was - as they say - "haunted", such rooms were underflowed from underground water veins^

It fchMk^'M' fm Nöstz phenomenon remained completely unused until the most recent" j time, probably due to the harsh hostility that the divining rod had to endure. It was only in our situation that it was recognized and acknowledged as the finest tool in the hands of the skilled person, surpassing all previous artificial measuring instruments.

Above all, the Dresden researchers Winzer and Melzer, in collaboration with the inventor of the high-altitude sun, Geh. Rat Or. Bach, the inventor of the high-altitude sun. Winzer and Melzer recently published a scientific paper whose results cannot be overestimated.

In order to understand their views, let us remember the effect that underground water veins have on the dowser. It is basically the same whether the seeker uses a metal, Wewen, hazel or any other kind of rod. I myself work with a dowser who, following the example of our old forerunners, cuts a "willow rod" on the spot, bends it in the middle, and at the bend point turns the two rods. At the bend, the rod is tensioned by turning the two ends to different sides, the ends are clamped with both hands and a bend is made again where the rod enters the hands. The part protruding at an acute angle is turned forwards by rotating it around the two kinks above the hands so that the rod wants to spring backwards. This can be prevented by the thumb being held down and the dowser begins to search. If he now comes into the vicinity of a water vein, the rod begins to tilt forwards in the direction of the seeker, i.e. with increased tension, so that it moves away from the opposite thumb and points downwards over the vein, returning to its former position when it is released.

So there is certainly a considerable force at work here on Verven, vessels and muscles. We will not go wrong if we refer to the radiation emanating from the water veins essentially as radioactivity. Alexander Müller showed many years ago that radioactive rays, especially if they are present for a long time, cause a constriction of the finest blood vessels, thus hindering the normal circulation and purification of the body: they have a damaging effect .

If we keep these details in mind, we can easily relate to the findings of Winzer and Melzer. Both researchers focused their attention on the connections between disease and water veins. What they found was terrible. Their work pulled away a curtain, and a previously dark and mysterious area was illuminated for the first time.

Although this article is not intended to clarify medical questions, it is important to briefly mention the results.

The research results on cancer, which is currently becoming more and more widespread, are particularly important. The researchers found that in the cases they investigated, cancer always occurred where people susceptible to this disease were exposed to water veins. From my own experience, I can add that insomnia, fatigue, unwillingness to work, nervous grregthK are caused where water veins pass under the respective rooms. The height of the floors has no significant influence. By removing the bed or work table from the exposed parts of the room, relief can be achieved. However, since Mch..LiL.<SLäubcken of the irradiated room Mb st become effective, ventilation must be provided. However, it seems advisable to change the room. .

We can see that the radioactivity of underground water veins has a deep impact on our daily lives. But the strength of the radiation also depends on the season. season. It seems to be particularly iM^FkWöMeryeblich.

However, the amount of radiation is also ^dependent on the number of effective sunspots Electrical energy is radiated to us from these spots, although it remains unclear how this process is to be understood. There is no doubt that it takes place.

From this fact we may now conclude that with an increase in sunspots, the earth's radiation itself will also increase.

anw^chlt-.2)a we are approaching a so-called sunspot maximum, we are currently in the time of a permanently increasing strength of such an effective solar effect. So if the constantly increasing radioactivity is one of the causes of the occurrence of cancer, for example, it would be logical to think of an increase in this dreadful disease under the present circumstances. As we have already heard, this assumption is confirmed by the facts.

The earth's radiation not only damages people, but also crops if they are planted over or in the immediate vicinity of water veins. Moreover, it is known that buildings located above water veins are favored by lightning.

On this occasion, let us recall the folk tale that the stork protects a house from the danger of a dolphin. Research has now shown that the stork only builds where there are no water veins under the house in question.

find. The view that this bird "feels" the earth's radiation is by no means forced. Even with the

This ability is not yet extinct in humans, I have made tests with experienced dowsers since 1909 and had to realize that the rod beats weakly and occasionally in my own case, but that I can see water veins very clearly, especially in humid weather.

I
an-
onl
y
be-
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that I feel a tingling of the skin and a nervous excitement similar to that which we all commonly call weather sensitivity. - Me phisto already says:

> You all feel the secret workings
> of the eternally ruling nature,
> and from the lowest districts a living
> trace nestles out, when all limbs are
> aching, when it gets scary in the place,
> Just decide quickly, dig and chop, here lies
> the minstrel, lies the treasure."

^"As far as the American newspaper^,

The above article is a suggestion for the following further citation of additional facts and explanations.

Metal wires can also be used as dowsing rods. You can also use a human pendulum in addition to the divining rod. Experiments ^ .wit'-dowsing rod and pendulum succeedM^MA^Lk "trock"""^"ÄuM-

Not everyone is suitable for dowsing. With some people the dowsing rod^ shows almost no rash at all, others^ people squirm in munching. Particularly sensitive people weaken their magnetic aura through frequent dowsing, especially if they sit and try to dowse.

"It is not only subterranean watercourses that have an effect on the human, animal and plant body, but also open, standing and stagnant water. Experiments in this regard have confirmed to me that watercourses have an extremely incisive effect on the spiritual, mental and physical condition of many people.

....

As an example, I would like to briefly touch on the following case.

A young man comes to my consultation and complains about the hostility he is receiving from his relatives. As I quickly drew up a horoscope, I thought to myself: "Old friend, it's not right with you. The young man immediately says: "Yes, yes, Mr. Marby, it's true for me, but not for my parents! - Well, well, I say, have you already become clairaudient? Well, that's quite right. You're all wrong.

The young man's horoscope showed various constellations which made a lively flow in the magnetic aura possible, but the poor man's whole constitution was such that one had to say to oneself: you are close to insanity, but I was careful not to even think this thought. I now described to the young man the situation of the house in which he lived and the following question and answer game developed:

So you sleep with your head to the north and against the wall?
Yes.
Who else is sleeping in the
room? My brother.
Even with your head to the north?
Yes.
Who sleeps in the other room on the same wall as you?
My mother.
Even with your head to the north?
Yes.

Then the father sleeps next to the mother, also with his head to the north?

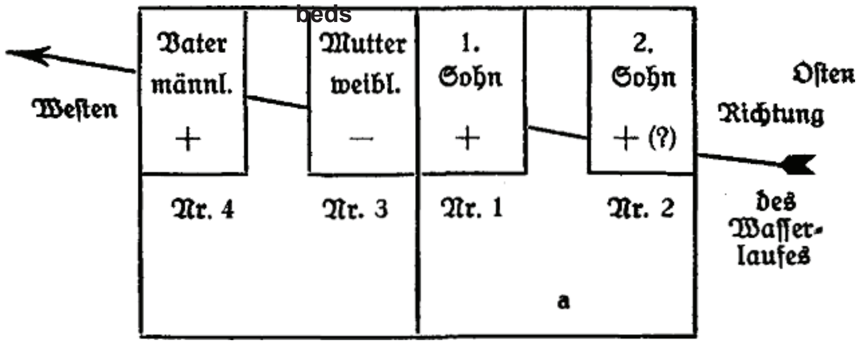
Yes.

Now, however, a vein of water runs underground under the two rooms from the east.

Yes, yes, that's true.

The following picture emerged:

North
headboard of the beds



The Parents The Sons Bedroom
South

For me it was now certain that the vjer. Sleepers in the magnetic field of the watercourse mixed their aura, in which all sensations and emotions vibrate, every^night. Depending on the position of the stars, which rose one after the other from the east, neither the thoughts of the brother (No. 2) nor those of the mother (No. 3) had to flood in on the sensitive young man (No. 1). In this case he was the sufferer because he was the most sensitive. He also did not remain silent, and so critical evaluative currents and opinions arose in his relatives, which he (No. 1) now translated into his own feelings of inferiority, which then led him to thoughts of suicide.

I advised him to place his bed against the wall (a), facing east-west, foot end to the east. One? But one day the young man came back and told me about a new break in his condition, which went as far as severe delusions of persecution. As the course of Saturn at sensitive points in his horoscope gave rise to fears of the worst, I advised him to go on a wandering tour and to be on the lookout for the worst.

not to accept permanent work anywhere for six months. This advice was then followed.

Another case.

I know of a place near Stuttgart where an underground watercourse with a strong waterfall leads down under a stone staircase. Sensitive people get the feeling of swimming, especially if they jump down these stairs quickly. Particularly predisposed females complain of fatigue, spasms of the back and pelvic muscles and premature menstruation after passing this place.

Another, even more far-reaching case.

Last summer I met the wife of a well-known German writer in Ueberlingen on Lake Constance. Various circumstances prompted me to take a closer look at this lady's state of health. I advised her to drink water from a spring that was located in a certain direction and distance from her house. During a visit to the husband of this
The lady confirmed that he also suspected a vein of water here, which he had been looking for for a long time. I was certain that the vein of water at this place was due to the growth of the trees standing there. But I had recognized the radiation of the ground several kilometers away from the lady's aura.

Space forbids me to explain this case in detail. I will briefly summarize the whole field of conditions in the following sentence: every human. aura (Zechm, organ and RM)?mpän- nungskomplex) is its täa^we environment in iy^r radiation in Hrestimmj-em oscillations and we have to perceive and organize these vibrations, that is, to recognize what forces and currents are present above and below the earth. But - don't forget: this perception and organization is not always possible, and whoever has this gift should not imagine anything about it. But only those who have achieved similar results are qualified to judge.

The repeated occurrence of lightning striking the same farmstead, the same tree in the same place, also belongs to the area of "influencing fate" through radiation from the ground above underground watercourses. I know of several cases in which the same farmstead, rebuilt several times, has repeatedly been the victim of a lightning strike.

lightning strike. As if guided by an invisible hand, the thunderstorms often came together from all directions over these places, according to my investigations always along the underground watercourses, which then merged below the ground under the courtyard.

However, there are other interventions in what happens on the earth's surface under the influence of radiation emanating from underground watercourses and lakes, and one can rightly speak of "demons of love".

We will write about these other facts and connections another time.

2MM-MdULLcM, however, it is about natural, i.e. natural-legal connections and always, as you have found, it was the ancient Germanic tribes, our ancestors, who were already far ahead of us in terms of knowledge and experience. It was only the lower-race, materialistic viewpoint (making money), which comes under the guise of the so-called Christian worldview and which today dominates the churches, the universities and the 'state legislatures', that would bring the darkness and ignorance from which people all suffer, while money triumphs.

This juggernaut of money, however, again uses as its tool a force that is born anew every day in the flow of subterranean waters, the force of God, and abuses this solar power, transformed into matter from the earth, as a lure for mankind.

Only when the pure science of our Germanic ancestors, linking heaven and earth, once again guides the destiny of mankind, only when knowledge of God, belief in God and experience of God together with it ensure the circle of development towards closeness to God, only then will this demon of love also be defeated.

But we can support the fight against all demons of love on a daily basis if we take the standpoint everywhere, and especially in thLvsophical, antroposophical, so-called neoMerical, so-called Christian associations and everywhere else where good will MN^MMHrMg'mixes:

Mtes 'GölklvifsmÜ^^s'mfeli knowledge, all statecraft, all religion, all customs, all human development had its greatest flowering in the former Germanic people I We only need to become as they were: Pure, natural, knowing, willful strong, self-sacrificing, consciously shaping our destiny, fearlessly driving into the teeth of the enemy who wants to separate us from each other and not only we are saved, but also the others and those who are to come with us.

So let us fight the demons of the deep every day. Marby.

A letter regarding the above article.

Dear Mr. Marby!

Hopefully you will have arrived safely in your new home. We have also returned safely.

In keeping my promise, I used today's rainy day to ask the landowner Dr. R. in R.

Dr. R. confirms what I hinted to you on the way from M. to D.. He told me on the telephone that he had had bad luck with the cattle in his burnt-down cattle shed on several occasions without being able to find a reason for it. So he had a
"cattle stall" stood out in particular. It was the most sheltered in his barn. There was no door, no window. There was no draft or draught. Nevertheless, he always had to test the cattle he put there for diseases such as catarrhal fever and pneumonia. He did not particularly confirm the "calcification". He had once read an article about underground water veins and their effects, which made him realize that there might also be a water vein in his barn. When his cattle house burned down, he had two dowsers come to find him a building site for his new barn, which should not be placed over a water vein. These two dowsers also searched the old barn and, independently of each other, determined that a water vein with a crossing was flowing under the "cattle stall" in question.

Regarding the calving, he said there should be a stable in B.
He said it would be a case of not bringing any calves at all. He couldn't tell me the details because he hadn't found out directly. Perhaps I can find the owner of the barn in Germany.

He had also once read a treatise in which it was stated that "one person" had never been able to sleep properly and that this was due to an underground water vein.

Marby.

pine. The man in question covered the floor of his bed with a rubber sheet. Dr. N. no longer knows what the result was.

There are also water veins flowing under our home, so I also associate our illnesses with this - rheumatism. Catarrh, nervousness, frequent colds. Our apartment is a pure winter apartment, so this also has an influence.

I believe that lightning strikes especially in houses under which there are water veins, because in the last few years it has struck twice in a house nearby. Fortunately, the lightning conductor worked well. Because the whole village stands on an impermeable layer of clay, i.e. damp ground, almost all the building owners have joined forces to equip their buildings with lightning protection systems, which the world-famous company Otto Dötter, Stuttgart, installed at the time. In fact, the whole place is a lightning hazard, because before the lightning protection systems were installed, lightning often carried out its dangerous work here.

I hope that I have been of some service to you.

Best wishes to all of you from door to door Your

N. N.

Then further material from No. 122/123, to 123, July 1929 of the magazine "Der eigene Weg", which also shows the effect of the depth rays on life and also the triggering of so-called "occult experiences" through the effect of the depth rays:

An example of how a person can become charged: A woman from the people, long widow, solid, sensible, not superstitious, but without her knowledge somewhat clairvoyant, in Stuttgart, asked me to explain the following experience.

She lived in Stuttgart in a street under which a strong underground water vein flows. Strangely enough, many clairvoyant people live in this street, including many magnetopaths, but they have no idea why.

Enough, the woman lived on the 4th floor of a house in this street, next door on the same floor lived an elderly gentleman. The gentleman was perfectly healthy.

One day, when the woman was mostly alone, she had the feeling that someone was standing outside her front door. She goes to the door and tries to reach for the handle. Then she clearly hears a "voice" say: Don't open the door! The woman heard this " voice" for the first time. Oh well, she says to herself, I'm not superstitious! and she opens the door. Then she hears the voice again: Get back! The door handle flies out of her hand and the door slams shut. The woman herself feels thrown back. As she had looked out of the doorway into the stairwell, she had seen the whole stairwell filled with heavy blue "smoke" as far as she could see. -

About two hours later, the doctor was at the neighbor's, who had also been alone in his apartment that morning. He hadn't opened the door, it had been broken down and he was lying there as if dead. The doctor, who was called quickly, regretted his late arrival. Stroke with fatal outcome.

The woman asked me several times: Do you believe what I'm telling you, Mr. Marby? I had to say yes again and again, because I was familiar with similar incidents. I then explained the matter to her as best I could, because it takes some knowledge of the nature of electricity and magnetism to come to an understanding."

We will discuss the delivery radiation in detail in the
"Marby Rune Library" will also be returned to where necessary.

Nevertheless, it must be emphasized once again that the^refen radiation is a so-called negative radiation, i.e. a radiation that originates from a strongly charged negative field and a radiation whose polarity is the same as that of the magnetic north pole.

Such a strong radiationgpushing out of the earth's interior must
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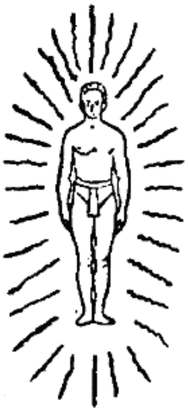
Staying or living in areas with negative radiation can be beneficial. - Others, on the other hand, can "catch their death" or protracted illness there.

All in all, however, modern research into radiation has only been able to confirm in this field what the simple thinking people have always known, that is, where they are not dictated to by the "stupid ways of thinking" of the metropolitan sphere. And we will also be able to state, and this will also be dealt with in this series of books, that our citizens never placed important buildings, churches, official buildings, hostels, etc. where unfavorable deep radiation would have caused harm.

And further we will see that the dedication and consecration acts at the commissioning of a new church today still represent an attempt to banish any unfavorable deep radiation (the "devil") that may be present. -

Thus we encounter everywhere the high knowledge of the "natural law path" of life familiar to our ancestors and it becomes ever clearer to us how, despite all the darkness, their guidance is still at work today, albeit under a different name, and how we only need to access it to take up our inheritance. But we must also want to recognize it clearly and soberly.



The air radiation.

We have recognized that any and all matter consists of space-sensation of the universe. Space sensation of the universe is the cause of atom formation. The atom itself is, depending on its nature, a small field of tension with a special effect, a small vortex of sensation, a field of sensation with a certain intrinsic sensation. Mer this intrinsic sensation is impressed by the environment?"

Since the atom is a voltage field, it is obvious that the body itself in its cells, organs and organ zones represents a voltage complex, a large number of small voltage fields, and that therefore, just as every atom has its radiation, the body must also have an overall radiation that not only radiates through the whole body, but also radiates around the whole body.

Just as the earth has its "magnetic" atmosphere or aura, so does the human being. Within this radiation complex, the condensation of which we call the "body", there are naturally smaller or larger areas that have a particular radiation as a result of the particular matter (or the particular accumulation of particular atoms). Thus, the radiation of the cells in the various organs and body zones is different because the predominance of certain atoms determines this. Bones also radiate differently from muscle cells, for example, and during movement, special and stronger radiation occurs where we place the electrons, i.e. where we generate higher voltage.

Just as humans have their own radiation field, so of course does every living being. But a living being is every body that somehow has a life of its own. So a crystalline body is also a living being, because it has been proven that crystals can grow and die.

The living being's own field of tension will be so much stronger and so much more individual, the more this living being has its own needs, because the movement is a field of tension and corresponds to the direction of movement,

In the case of living beings in the poorest location (e.g. plants, trees), their own field of tension is still strongly connected to the field of tension of the earth, in a certain place, and to a certain extent firmly anchored in it.

However, living beings with their own movement have a much " more conscious field of tension, so much less they are bound to a certain direction in their body position and in their movement.

It is important to FÜrüns Menschen, and rune gymnastics is anchored in this, that we can adjust ourselves as our own tension complex in all directions between the great tension fields of heaven and earth. In this way it is possible for us to make our consciousness in the true sense of the word not only entirely our own, entirely core-like, but also all-pervading and all-encompassing. The capacity for comprehension, which, as we know, is and must be limited in plants and animals, as we now understand, is unlimited in man by nature according to the construction of his body - if he, man, does not set himself limits.

What the mystics called "the crown of life", however, was nothing more than the development and conscious attainment of the full capacity to comprehend, as intended by nature.

The fact that theRIWh is "an electric being" is basically "one of the great secrets of the old mystics and genuine Rofenkreuzer. But as "difficult as it was for them with the abundance of phenomena with frames and rules to explain the whole nature of the radiation complex

"human being" is so difficult for us to grasp. Let it be known without hesitation that we are again at the bottom dIN, which has been lost to the world since the decline of the dynamic world view of the Germanic tribes, since the decline of runic knowledge.

In the sections in each volume of the Marby Rune Book, I will deal with the "field" and the inherent radiation of the human being on a case-by-case basis.

Here in this section I will simply provide some more material on this question and also let some other researchers speak.

To the question: Is it possible to perceive or see this field of tension? the answer is: Yes.

There are many methods and opportunities, but bear in mind that the field of tension can usually only be made visible if it is well filled and made to shine particularly strongly. I proceeded as follows:

I locked myself in a completely darkened room with several people for a while to make our eyes sensitive to the slightest light stimulus. After about an hour, during which we talked a bit, I did Nunen exercises. Even during the first exercises, a variety of light phenomena appeared, which were clearly noticed. I also saw these light phenomena myself: lightning-like flashes in various areas of the body, spraying rays of light coming from the fingertips, light phenomena in the area of the feet. The people present saw a strong glow where my head was, but also high above it. When I "spread my arms out to the side, a circle of light-emitting sparks appeared about ten centimeters above my head.

However, the furniture and objects in the room also seemed to wear out during prolonged use. The furniture surfaces, especially the edges, also began to shimmer slightly. We stopped experimenting because an elderly lady who was present became frightened.

In the book "Die Emanation der Mineralien", author Ferdinand Scheminsky, Verlag Jos. C. Huber, Diessen-Munich, it says on page 80:

"8 32nd umbrella tests according to Killner.

Killner, a doctor at St. Thomas' Hospital in London, is the author of the work: "He liarnaa atmospbere or tbe

^ura initrlo visil"!" !)> tüe <üci 57 d "enües1 sereens" (1 "v ^Valter XiUaar, Ixrnckon 1914, kelrinaa I>iiniteck, 129 8Irai-teslrur^ ^veaue).

Killner had discovered that the aura of a person can be seen by almost anyone if the object is viewed through a screen. This screen consists of a kind of glass tank into which a liquid - a solution of a dye in water - is poured. The dye itself, or rather the dyes, as Killner creates screens in different tones and shades, is his secret.

(I mentioned in an earlier paper "Emanation von Magneten", Wr. klin. Rundschau No. 37/38, 1916, that similar experiments were also carried out by vr. O'Donnel in Chicago and demonstrated to a large number of people).

Friedrich Feerhow claims to have tested the screens with good results. If the conditions are right, one could also investigate the inorganic world and its emanation with the screens."

So much for Scheminsky. I recommend his book.

My manifold studies and, above all, my eight years of medical practice led me to the discovery that one side of the human (and animal) body comes from the father, while the other side comes from the mother. Of course, this does not apply to the substance, but to the constitution, structure, positioning and function of the organs and their formation.

Since the body is ultimately the material precipitation of a stress field, this stress field of the human being must also be a twofold^-one-one-coupled stress field. Of course, this leads to many important conclusions, which I cannot mention here, but we will see how any research results from other researchers can support my discovery.

In my view, the different sexes then arise from the fact that one field is predominant. Where no field is predominant, there is physical or mental hermaphroditism. If one field acquires predominance only after sex determination, the result is later the female-male or the male-female.

As is well known, the dowsing rod adjusts itself in different directions (as seen from the dowser's perspective) depending on what causes it to strike. From the different directions and from the angle to the horizontal, one then draws conclusions about the type of radiation field (iron, coal, gold, water, etc.).

It is similar to the sidereal pendulum. The pendulum swings differently depending on whether the object is positive or negative (e. g. positive metals and negative metals are known).

The excellent divining rod researcher Dr. meä. Adam Voll writes the following in his book "Die Wünschelrute und der siderische Pendel" (Verlag Altmann, Leipzig):

"We can also safely assume that the ancient Germanic tribes already worked with the rod.

Grimm has commented on this most extensively in his "Deutsche Mythologie", vol. II, p. 926 ff. He points out that in an Old High German gloss - these date back to the 8th century - the caduceus of Mercury is translated by Wunsciligerta. It is the whip through the possession of which one becomes partaker of all earthly happiness. The word "wish" denotes the epitome of happiness and salvation. Gin anderer Rame was Wickerrute from nhd. wickenzaubern, to prophesy.

The poets of the 13th century already use the term divining rod.

Konrad von Würzburg (died 1287) in particular says of Mary in his Golden Forge (664): You are the desired one with a stone of water. In his Trojan War (19888) he says of Helen: beautiful as a wisher, she came upright and still 2215: all salvation a wisher.

Gottfried von Straßburg says in a Minnelied 2, 9: der gnade eine wünschelruote (around 1210).

The most important passage, however, can be found in the Bartsch edition of the Nibelungenlied, stanza 1124, in the 19th adventure, albeit an inserted stanza:

The man who wished for the lac underneath of gold
was a ruetelin who had discovered that he might be a
master,
wol in all the values about every (every) man.

I would also like to mention a passage in Parsifal, although it cannot be related to the rod with complete certainty:

As a green schmardi
truoc si the desire of pacdls (paradise) bsde
roots and ris
that was a dinc, that was the grail
he desire overwal. D. 236. 20-25.

In Anshelms, Bern. Chronik 2, 8 Grimm finds the expression: Glückstäblin.

A detailed legend of a divining rod that St. Columban (550-615) gave to a poor man and which the latter smashed on the advice of his wife can be found in Ada- manni Scoti Vita s. Columbae cap. 24.

Due to the high atomic weight, the rod goes vertically
to the-height. For gold, however, only Mich bl, XV and O, for j § silver after
8, XV and O, for copper after XXV, XO, 8 XV and-i-
80. for tin only after XV tM O, also for diamond.
This dependence on the but only when standing
and driving, but not when walking. Kompaß iſt

No

w Or^Boll reports on p. 41 of the aforementioned book:

The rash above the person.

If I hold the tail over the top of a person's head, the tip of the tail turns straight forward in almost all men (but women usually hold it straight forward). If the person in question is then allowed to spread his arms out to the side, the tail maintains the same deflection over the right arm as over the head, but takes on the opposite deflection over the left arm. If one moves slowly down the front, it changes its position approximately in the navel area and changes to the opposite. You can also observe that the back has a different deflection than the front. You can therefore compare the human being to a magnetic bar that is polarized in opposite directions at its ends.

According to Reichenbach and Bähr, the two sexes
are always polarized differently; the male is always supposed to be positive, but the female negative. I have not been able to confirm this completely either. I must admit that in the vast majority of cases the men are positive and the women negative; but there are also quite a few people in whom the reverse relationship can be established; in some the rod goes back and forth between the positive and negative position; these are obviously neutral^,-.

I must mention another very important fact.

I found that married couples only enjoyed a child blessing when they were hetewpolar among themselves, i.e. when one part was positive and the other negative. I came upon this discovery through a failure. I had found that the married couples were hetewpolar among themselves and wanted to show this in a larger society; this was not the case with three couples, about which I had to mock a great deal. At night I thought about this failure and suddenly I realized that it was precisely these couples who had children. I then paid a lot of attention to this matter and was able to establish the above rule.

Großjohann, secret building councilor, also found the different polarity of the sexes.

Pros. Wendler found that the divining rod sank much more quickly over women than over men at Forstmeister Kelber, Erlan. Three women, who reacted slowly in male terms, were childless despite being married for several years. It is striking that Wendler makes no mention of the fact that I was the first to attribute fertility to polarity. I am constantly silenced and if after many years my view is recognized as correct, then a very interesting discovery has been made.

The divining rod also offers new tasks for medicine. I have found that the rod goes vertically upwards over every heart and believe that this can be traced back to the activity of this organ; for the rod also goes upwards over the spasmodically tense muscle. Above diseased areas the rod goes vertically downwards.

I came to this discovery in the following way: Hennig (Untersuchungen mit der Wünschelrute, Naturwissenschaftl. Wochenschrift, Rr. 30, September 30, 1917, p. 540) states that Leisen, his dowser, also finds the seat of diseases with the rod; I therefore checked the assertion, first on a sick heart, where the rod went upwards. On all other diseased organs, as well as over wounds, it went downwards, which is probably due to the stronger blood circulation in the diseased and injured areas. Of course, it will never be possible to determine the nature of the disease. It is enough to find the seat."

Boll, too, comes to the conclusion that the man
(in his case the dowser) emits radiation. He writes the following about this, among other things:

"This results in the phenomenon that the rod is sometimes attracted, sometimes repelled. The assumption must therefore arise in us that the great basic electrical law applies here, according to which like poles repel each other, but unlike poles attract each other. I therefore put forward the following hypothesis to explain the wishing rod phenomenon:

A radiation, which is either electrical or at least closely related to electricity, is transmitted from the dowser to the rod; depending on whether the ground emits a similar or a dissimilar radiation, the rod deflects upwards or downwards...

Professor Benedikt is of the same opinion and has coined the term "body dowsing". By this he aptly describes the current that goes from the human being into the rod and makes it so sensitive that it can be set in motion by the rays emanating from the earth. In the matter itself, however, I am the originator; he only created the rays.

It would hardly be wrong to attribute to every living cell of animal or plant nature, insofar as it is a living protoplasm, the ability to generate electric currents. Where such bioelectric currents could not be detected up to now, at most the small size, unfavorable arrangement of the cells and much more easily the insignificance of the electromotive forces are to be regarded as the cause of this absence. For the physiologist, the main significance of this electrical phenomenon is that it is a reliable and often the only sign of the excitation process.

The electrolyte by Dr. Hierth (Der elektrochemische Betrieb der Organismen und die Salzlösung als Elektrolyt. Munich 1910) should also be mentioned here. Dr. Hierth (not a doctor) explains in detail the view that blood should be regarded as an electrolytic liquid due to its salt content. Medical science is not exactly friendly towards this matter; it is misled by a false interpretation of an observation that is in itself correct. After severe blood loss, life is saved by injecting large quantities of saline solution. It was believed that the restoration of the amount of fluid in the body was due to the preservation of life and was thus misguided. In the

In fact, the life essence is refreshed by the delicious saline solution, similar to how an old, worn-out 'MMnchs-BäMrie becomes usable again by filling it with saline solution." "

We also read that through certain exercises a "self-electrification" of the human being takes place (in reality a discharge of the field of intrinsic voltage) in the book by vr. Voll, where he refers to the attempts of some scientists. He writes about this:

"Adolf Hehdweiller in Münster i. W. and Dr. Adler in Breslau (Annalen der Physik, Bd. 8, 1902. p.227) have proved by means of electrometers that a self-electrification of man takes place through muscular activity, that, among other things, the negatively charged hand of a man charges itself positively at the moment when a muscular effort is made and that at the same time wit^

charge of the hand is always a negative of the foot

einer poſitiven

"Then Dr. Voll writes in another place g Ladung

einſtellt." The body current must therefore be considered a fact."

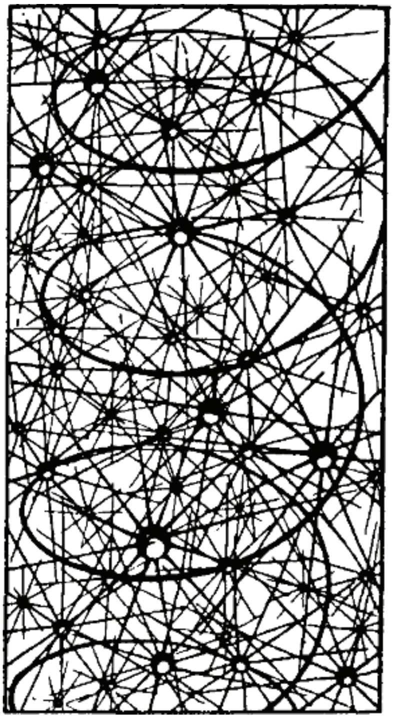
I have deliberately made some extracts from good books by recognized researchers in order to show that all researchers regard man as an electrical being, as a radiating living being, as a force field.

It is strange that this view of all serious researchers, which incidentally is in harmony with the popular view of the life force in every direction, has so little validity in so-called educated circles. - Shouldn't this view be welcomed in certain circles, because, thinking further, it can be concluded from this view that official medicine and its state-approved conservative representatives are on the wrong track with their expensive cures? Is the realization of the electric man, of the life-force man, the pacemaker of the healing method that brilliantly achieves the elimination of all diseases and states of weakness? This proves that the life-force healers, the Maanetovatken, who are practicing medicine in Germany, are on the right path.

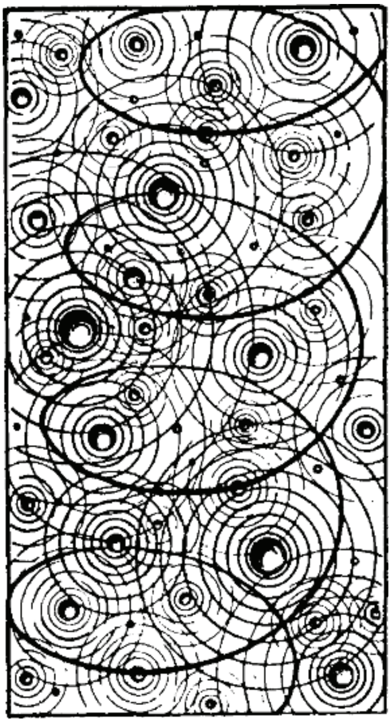
It is clear and self-evident that the human force field, filled and highly charged with electric currents of life, is more similar in its nature to the force field of the human body.

Four photographs

The Aeon wanders through the world



im Achſenſtrahlgebiet der Sterne



im Potential der Sterne

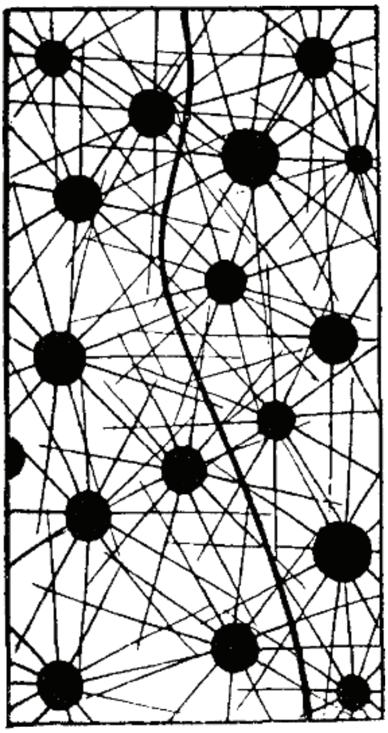
How the sun absorbs stellar forces on its way through space and turns them into "matter" is shown in the suffering first pictures ir schematic drawing.

The other two pictures show the hiker's path through the forest. The whole forest is "through" with the "rays" of the trees. Likewise, each tree has a potential, they are in the KMtfeld around the trunk, branch, twig and leaf.

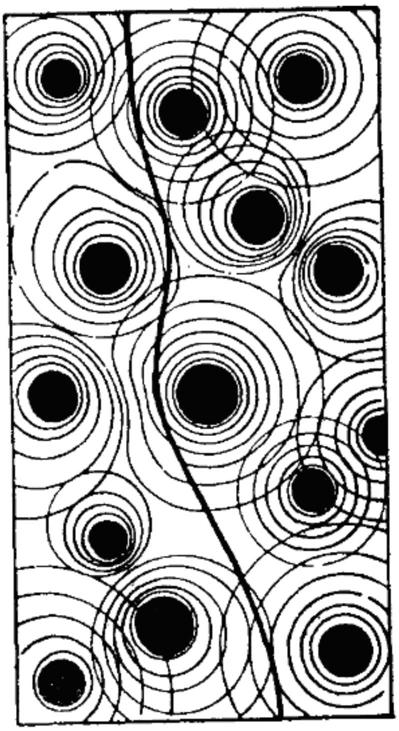
In between, the rays and waves that we refer to as "light", as "Color", as " smell", as " coolness", and as warmth. And all of this sucks at us and fills us, and the desire to AUM comes "all by itself". Singing and jumping, Runen-Uebung, an unconscious pleasure caused by the onslaught of rays and waves coming from the glands.

from Marbg lectures.

Mr wanöem öurch öen Valö



durch das Strahlgebiet
der Bäume



durch die Kraftfelder
der Bäume

want to be processed. And by singing and jumping we make the Ds^Ä^üchtig. 'Sb the forest is a true source of strength and now you understand me, dear reader, that it, the forest, the living cathedral, is more sacred than all the cold stone churches, which - in the final analysis - are only dead imitations of the living forest. (The pillars: the trees, the altar: the stone, the seats: the lawn bench, the ceiling: the Heaven, the organ: the rustling of the wind and the birdsong forest).

The above photographs and similar, even more detailed explanations were presented in my lectures as early as 1924-1930. -

of another person than the force field of an animal. During magnetopathic treatment, however, the magnetopath releases his life force radiation and organizes the current in the patient's field. Just as a freshly charged accumulator shows new life, new life force currents now also circulate in the patient's freshly charged body.

Even that which we call blows now shows itself as an attraction between two differently polarized fields of force. This "elective affinity" is even the most strongly effective, MM "el "ift fact that, as experience teaches, the "incomprehensible" great love between two people "who are so completely different externally and in essence" is the most enduring. "Opposites attract", but the opposition lies in the polarity of mutual love.

The "chain" that is formed in the spiritualistic session now also shows itself as a "galvanic chain", as a chain of voltage fields, Spannungsfelder. and we have the same in the procession. Both chains, however, fall higher

"Influences", good spirits, or the evil one is essentially the same) (or create an atmosphere, a "field") for them ("O, heil'ger Geist kehr bei uns ein unb "ÄF*' vns Deine Wohnung sein, etc. - German hymn in old Bolkslieder melody).

If life force healing is about the transfer of tensions from the field of tension of the psychic to the field of tension of the patient, and if the spiritualistic session or the session or the line dance is about the formation of a chain of fields of tension~~, then~~ hypnosis is about the hypnotist drawing the field of tension from the hypnotized person. The hypnotist replaces the part of the field of tension that he has separated from the hypnotized person's field with parts of his own (the hypnotist's) field of tension and thereby also transfers his (the hypnotist's) mental images and will to the hypnotized person.

So much for a few remarks on some of the phenomena and borrowings that are now becoming clear to us.

But Dr. irie6. Voll and Heydweiller in Münster in Westphalia and Dr. Adler in Dreslau found even more, namely

It is said that through certain exercises a self-electrification of the human being can be achieved and this statement of the mentioned researchers coincides with my previous statement, on which I built the runic gymnastics, as runic gymnastics, because my runic research proved to me, that conscious self-electrification **is** the **most important thing**, that it not only keeps man healthy with sufficient knowledge, so that he becomes physically and healthily independent, but that he can also develop spiritually and mentally to undreamt-of heights, to the height that our ancestors once held. -

As we have read elsewhere^in this book, the difference between your "solid matter" and free radiation and wdMng is actually only that in the "solid matter" the electwrmngjr are prevented from moving, whereas in dex^radiation^and wdMng they can move freely. -^Then, we conclude, wkk" can also dissolve ^material" on and^kn our body and bind "freely movable" on our body.

Let us continue: Life in all its manifestations, interrelationships and embodiments is, soberly seen, a process that opens up to our knowledge when we investigate the magnetic, electrical, electrolytic and radiation processes and, where possible, use them for comparison.

Just as the direction, the distance, the polarity, the movement, the direct current, the alternating current, the "touristic, the electrical, the radiation processes act and happen, so too will the effect and event be present in our most personal life process. - Yes, even further: in architecture, as in matter, in music, as in every field of human and non-human creation, as in language and writing, in movement and gesture, only laws that also apply to the field of electricity and radiation can be effective. And nature as it shows itself in its forces, effects, forms and shapes must also have the same laws as its foundation.

Behind these fundamental laws, however, had to be the original source of all life, the divine.

And since these laws have always been effective, people before us, even millions of years ago, had to live in the same way.

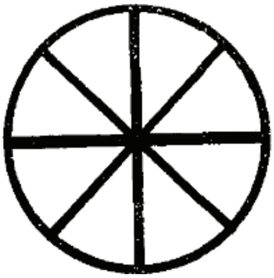
thought, recognized and - then these thoughts, this recognition, as the most important knowledge, had to be so strong that it could last through the millennia, yes, that it had to emerge again and again in certain habits, rites and values and

For the time being, I would like to end my presentation of the natural and scientifically comprehensible foundations of runic gymnastics. But in the following volumes of the Marbh-Rune-Dücherei I will provide further explanations.

The area is as important as it is large. New material arrives every day and every reader will be able to make observations that confirm my comments and points of view.

I would particularly like to recommend the books referred to in the course of my explanations.
characters. And I then knew the Germanic runes as the authoritative values and characters, as effective symbols of the world's elemental force and the foundation of the laws of life, which come to life when they are connected with the living person, chanted and formed in the runic exercise.

And because ancient runic knowledge is brought back to life here in the murmur of the runes and in runic posture and movement, we call this finally rediscovered path of liberation and healing: runic gymnastics.



The rune-breath teaching.

The first principles and exercises.

Before I move on to further rune exercises, I would like to say a few words about the rune-breath teaching.

I will present the rune-breath teaching in detail in a double volume of the Marby Rune Library.

Nevertheless, it is necessary to know something about proper breathing from the very beginning of the runic gymnastic exercises. A few preliminary remarks are necessary in order to have the right attitude to the area of breathing.

Just as, according to ancient Germanic teachings, the day begins with the evening and, as scientific findings have shown, the earth breathes out overnight and breathes in during the day, so the breathing rhythm of humans and animals begins with breathing out.

We take the first basic lesson from this fact:

1. exhale first.

It is important to exhale before beginning the runic exercise and the exhalation should be particularly extensive. Every practitioner will already notice during the first rune exercises that the body wants to free itself of gases "and uses all the exit ports.

We do the exhalation extensively by starting standing with the exhalation, but then squatting and only then pressing the left thigh against the body. We still exhale as we do this. We notice that in most cases an "exhalation" follows. We also notice that although we had already exhaled completely, further exhalation now occurs.

Now stand up again and take a deep breath. We begin to exhale again and return to a squatting position and now press the right thigh against the abdomen from below, continuing to exhale.

We do this exercise several times, first pressing the left thigh, then the right thigh, before starting the I-runes exercise

Of course, we always breathe in clean air.

The environment as a source of strength.

Our spiritual being is anchored in infinite space, but our physical pole is anchored in the earth.

Our source of strength lies in our environment. The wider the environment is, the more strength we can draw on.

The things around us are also sources of power (and they have an effect simply by radiating power from their surfaces).

We therefore take our strength from the environment, but we not only have to choose what is suitable for us, we also have to classify this strength.

This categorization, this selection can only take place when we are constantly living with full consciousness.

Every minute of unconsciousness is not only a minute lost, but also a great danger! -

Only when we live consciously does the power "flowing" towards us become our power. As long as it is not, it can make us a plaything, it can become dangerous to us. Only then, when we force these forces, do they serve us.

Basically, the power that flows towards us is ourselves in a 'spiritual state. Everything is a unity.

What punishes us when we are not spiritually awake, not conscious, is the spiritual itselfwhich belongs to us, but which we do not allow to take effect. Thus the spiritual must force an effect. It surprises us, it comes unseen, it disturbs us, it shatters unclear fog, it creates fate that could have been averted.

Just as the fish in the water drives the surrounding matter, the water, through its gills and separates oxygen from the water, so we must inhale the matter surrounding us, the air, and absorb the spiritual present in the air from the air, through appropriate behavior, and this behavior is consciousness, consciousness already first in the simplest action: in breathing.

The magic of 6 breathing.

In recent decades, a whole series of books have been published covering this very important field from various angles. In general, however, the valuable books in this field contain too many prescriptions and, in addition to the important, also irrelevant, exaggerated and therefore dangerous information.

Fortunately for exaggerated and self-absorbed people, the body's healthy instinct for self-preservation has a beneficial braking effect. The lovers "fall off". They no longer "get to it". I have had many opportunities to intervene in systematically undermining fanatics in order to prevent their slow suicide. Lifethreats are always harmful, all the more so because the "cases" of those who have failed are often covered up with a cloak of silence.

I have come to this conclusion, and I have stood by it since about 25 years in the midst of the spiritualization currents that there cannot be a real breathing method that fits every individual or a particular type for allö cases.

What is necessary, however, is to train the respiratory organs and increase respiratory function, because 99 out of 100 people breathe shallowly and weakly, but the breathing to be developed must be more a matter of sensation than of intellectual thought. If one forgets this, it is too easy to fall into a state of acute intellectual demonization.

I consider breathing exercises without simultaneous rune exercises and without a specific sensory switch-on or sensory direction to be dangerous, or at least bungling.

I go even further: I say that every pure (i.e. in itself) and strong sensation not only induces the right kind of breathing, but also causes the corresponding body position. Mind you: if the whole soul is involved and the whole soul's sensations.

The reason for this fact, which I have emphasized here, can be found in the following:

The soul is a field of tension in a certain oscillation......- ---What acts on the soul, on this complex of tensions, during the day, is the tension of the things of the world and the imaginary things, as well as the forces of movement.

By introducing other tension values, our tension complex is now stretched to its maximum limit every day. Ever new "images" "form" in us reflections of their tension, making us "tense". If our capacity for tension is exceeded, we become incapable of absorbing any more of other people's tensions, we are "exhausted", tired.

During sleep, "regular breathing" is used to remove or integrate the foreign fields of tension into our tension complex (or: sentient soul).

Run, we can push our maximum tension limit a long way by being physically and emotionally more sensitive to things. The "good reserves" of some people are usually based on the fact that these people behave in their experience in a way that the experience requires. "" - -" - ...-

Experiencing right means breathing accordingly and moving or adjusting your body accordingly. This avoids crossings of the lines of force across the nerves and produces the secretion in the glands themselves that ensures that the effects of bad tension are overcome.

Breathing exercises without a certain attitude and movement of the body and without the idea of a certain image or a certain form of thought and a certain will (which must always be directed towards the good and must never be merely selfish) are dead and, since what is dead is poison for the living, are also harmful in the long run. .

------ - -

" Imagination and the will to achieve are the basis of correct breathing and correct movement and are in any case essential.

We want to keep this in mind when reading the following sections and never forget it.

Sewustle's exhalation and inhalation is an act of will.

In breathing out and in, in widening and narrowing, we consciously grasp a widening or narrowing hollow sphere around us.

One pole of our will is where we think when we exhale or inhale, the other pole is us ourselves. In this way we create a zone around us that is pulsating with our will, even with this breath alone, which is linked to our consciousness.

The hollow sphere of consciousness and its center.

Breathing in and breathing out all around.

Our space of consciousness can be wide or narrow; (there are people with wide and narrow horizons) at rest our consciousness is the sensation of a hollow sphere that is around us.

This hollow sphere contains the things or values we perceive around us.

We ourselves are in the center and can reduce the perceived, i.e. conscious hollow sphere^ by centering ourselves, i.e. drawing back to the center, but we can enlarge the perceived hollow sphere a^axis.

It should be mentioned that at first we can only imagine the widening or narrowing of a circle. Only in further training do we also grasp the sensory sphere around us as it enlarges or shrinks through our will.

As we exhale, we breathe out into the hollow sphere around us. When we fill the hollow sphere around us with our exhaled ego through our feelings, imagination and will, we have an effect on this spherical space around us and animate it.

We can also fill this spherical space around us with our will. Rufer's feeling resonates. We can expand this spherical space, widen it step by step as we exhale with the force that we brought in when we inhaled and reverse the polarity of this force according to our will.

Inhale öer spherical forces, exhale unö MIlensaus- senöung in one direction.

Inhale all around and exhale in the right direction.

The inhaled effects of the environment (which rush towards us in the form of rays and waves and are thus also inhaled), polarized with willpower and ejected in a certain direction, must naturally develop a tremendous force. - Which would be directed towards us in the direction of all the radii of the sensory sphere around us, is now breathed out over a radius, radiated out, hurled out, shot out.

The power of the entire sensation of the sphere of experience around us is directed and polarized with the power of our will, now transferred to a point outside us.

Breathing in further all around and exhaling in the right direction intensifies the effect.

Inhalation of a directional rasp, exhalation and outward exhalation all around.

In our environmental hollow sphere, which is infinite, but is partially filled in places by nearby things at a large angle at some distance, certain directions are given a special value by these filling things and by the bodies in celestial space as well as by the movements (seen from the earth) in stellar space.

We react in different ways to the environmental effects arriving from these different directions, we create an already directed sensation when we repeatedly or instinctively breathe in from this or a certain direction.

The special effect is intensified when we then consciously perform this breathing.

The effect is intensified even more if we roast from this particular direction in the runic exercise.

The gathering exercise will be explained later.

The shaving exercise also increases and reinforces the special value of LeZ's particular directional influence in terms of directional values.

We summarize briefly:

Consciously inhaling in a particular direction, if a particular influence comes from that direction, increases the power of that influence. The incoming force can be increased if certain runic exercises (including the gathering exercise) are performed. -

You can now use the absorbed directional force to create a sphere of force surrounding you, of which you are the center point. You do this by repeatedly piling up and rearranging this directional force absorbed from one direction around you, layer upon layer of spheres. You imagine that this force is now being constantly but is never consumed. You thus create a certain field around yourself.

The good rune exercises for this will be presented to you later.

You can also use the directional force to form a more or less large circle around yourself.

You can also place "this" force of gravity spirally around you.....M

How this is done in the practice of rune exercises, will also be explained to you.

Breathing in a directional contrast and exhaling in a certain direction.

Run we come to the emission of a directional force in the same or a different direction.

The first method is often such that when I am in red and in danger or a question requires an answer, I first exhale in a certain direction - then wait a minute and - then receive an answer, strength and the right path from the same direction. - The possibility of success is enhanced by appropriate runic exercises.

The other method is to alternate between sucking in and expelling in order to maintain a permanent connection with the particular power source that is in that direction.

The third method consists of taking tension from one particular direction and passing it on to the other; the first on the inhale, the second on the exhale.

Simultaneous rune exercises always bring the final success.

Breathe in His key and protective rune, its strengthening, its sending and its effect.

The things in your environment present themselves to you and say: "I am this, and I am that!" - Just as well as you now tolerate things imagining themselves to you and acting on you with their force fields by breathing them in, you can also consciously create things yourself in your imagination by imagining them.

You must not now think that the things you imagine are unreal. On the contrary: they are often more real, i.e. more effective (i.e. carrying seeds of effect) than so-called "real" things.

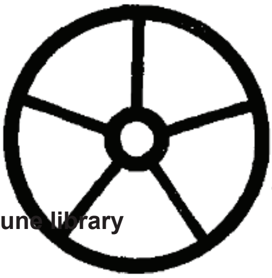
Whether a thing that you create in your imagination has an effect or a thing that is created by the powers of nature, the electrical forces of the outer surfaces and the dimensional relationships always have an effect. The thing created by you in your imagination has an even stronger effect because it

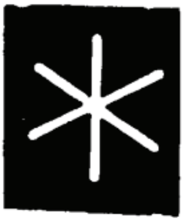
1. created by conscious human will - and
2. because it is invisible to people who are not clairvoyant (but visible to clairvoyant people and the LM^).

Mso^DUne key and protective rune can be formed invisibly from radiant electrical substance. You can charge and strengthen it. Wherever you send it, it radiates its power, your will.

You would now like to know more. You will not be denied further information. But good inheritance belongs only to the understanding, the worthy. Therefore, tell me how you, from the point of view of natural law, can If the description is approximately accurate and the question proves that you know what to do with the right answer, I will reply. My address is at the back of this book. Otherwise, please forward your letter to me via the Marby publishing house in Stuttgart.

The Bunen breathing theory can be found in the following volumes of the Marby rune library.





Runic exercises, oils elnzlge real form of prayer.

The human antenna unö Äenüer.')

Man has it in his power to move his body in a certain direction by changing his position. If he does this consciously and speaks the right words, he makes himself conductive and receptive to certain rays, waves and forces.

The human being is then also able to achieve a very specific experience and a very specific absorption of environmental forces through different body positions and movements. His body is the key which, when consciously handled, unlocks all the possibilities of the world. It can obtain all the artefacts of life and being directly from the source, whereas this is not possible to the same extent for all other living beings. What we call human consciousness therefore only really begins when and where man begins to consciously become and be the key to all these sources. Only then can he develop and refine himself spiritually, mentally and physically to an unlimited extent by absorbing and transforming forces.

We know that we can not only receive with our radio antenna, but also transmit through feedback. The human body is not only a natural, finely organized antenna, but also a powerful transmitter. In the same position in which man receives rays and waves from a certain direction, in the same or another position he can also send out high-tension rays and waves in an undulating direction. -

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***) Fundamental information that already appeared in the first double volume of the "Marbh-Runen Dücherei" must appear here once again in order to be expanded and supplemented.**

The body positions in question, which the human being now has to assume as an antenna and as a transmitter, are transmitted to us in the form of runes. I call taking up this runic position, thinking the corresponding word, speaking or speaking, singing or calling in order to either receive as an antenna or send as a transmitter, a runic exercise. The runes are therefore not only written signs, language signs, but also exercise signs and of course the greatest value and importance of the Germanic runes lies in the fact that they are these exercise signs of a cosmo-bio-energetic nature.

It is clear that every man, whether intelligent or less intelligent, whether poor or rich, whether educated or uneducated, has it in his power in the future to develop according to the measure of his pure will and his abilities, knowledge, and understanding.
The man has the knowledge and experience to All and
bring in as many high-altitude rays from the earth how
as he wants.

As the currents from these two force fields and earth Heaven
are life-generating, life-awakening and Life
As these are currents that contain life force, the runic practitioner can free himself from all illnesses that are caused by a lack of life force. And almost all illnesses are based on such a deficiency. Furthermore, with daily practice, the rune practitioner is able to free other people from illnesses with the surplus life forces he has brought in and which have now become his own. Because he can send these powers to the greatest distance, he can also heal sick people who are far away from him across seas and countries. Furthermore, depending on his diligence and practice, his abilities and his attitude, every rune-knower is able to organize and shape the events in his immediate and wider surroundings according to his will, as long as he does not encounter temporary ignorance.

With runic knowledge, insofar as it is used to turn one's own body into a sensitive antenna as well as a capable transmitter, the striving human being also develops an irresistible power. Through the knowledge of the runes, he is actually placed on his own feet and enabled to assert his intentions as well as his will in everything that happens. The powers developed by the rune

This power alone makes him a conscious shaper of his own destiny. But something else will also happen. The spirit that comes from the powers of heaven, the now coming bune power, will Separate the "sheep" from the "goats". Every human being is only key with his body. He receives rays and powers according to his inner will and his own attitude. If his inner will and his attitude are good, the rays and powers evoked in him will bless him. But if his will is directed towards an evil goal, he will judge himself by these rays and forces. It is therefore up to the individual to prepare for his own growth or downfall. -

Body, body zone, Vrgan un8 pitch.

There is a tone which, when sounded, causes every body to vibrate most strongly, to resonate, to resonate, proof that every body is tuned to a certain tone, to a certain wave. We call this tone the body's fundamental tone. The basic body tone is different for every person.

What applies to the body also applies to each body zone. - (Head, neck, chest, etc.) Each body zone also resonates most strongly at a certain pitch. We call this tone, depending on the body zone concerned: Head zone fundamental tone, neck zone base tone, etc.

Every organ, like every bone, also has a basic tone. We call this basic tone: basic stomach tone, basic beer tone, etc.

We will remember all these names for the future so that we are clear about the zone, the organ and its tone.

Bun, every body has a basic tone, the basic body tone, but this tone lies within a whole tone series in which the body also resonates somewhat. This shows that the lower tones cause the feet to vibrate more. The higher the tone, the higher the vibration zone.

When we walk under the sound that our feet make, we are also vibrating our aura under our feet.

When we go up above the tone that resonates with the head, we set our magnetic body zone (aura) above our head into vibration.

We can therefore consciously grasp, influence, stimulate and calm each body zone, each organ and make it receptive to high and low frequencies through a certain pitch.

We can then consciously play the song of life on the harp of God, our body, and nourish our body, our soul, our spirit daily through the dew of heaven and earth.

Body, body zone, organ and sound.

What applies to the basic tones of the body, body zones and organs also applies to sounds. Every body reacts best to a certain sound. Each area of the body begins to vibrate when we speak certain words. There is a key, a runic word, for the detection of each organ.

Sound strength and volume.

Tone strength and volume also play a certain role, as we can see in the rune exercise. Depending on the desired goal, we will learn to observe certain rules here too.

However, the basic tones, the key words and the tone and volume levels will be dealt with later on a case-by-case basis in the course of the further treatment of runic gymnastics.

[redacted]

Runic gymnastics.

The first exercises öer I-Rune.

(,AüeS sublime is simple^)

Exercise time: always. Exercise location: wherever possible. Purpose of exercise: strengthening of the body, liberation from slags, liberation from mental inhibitions, strengthening of the ego-consciousness, all-round rejuvenation.

I-Rune-Korm-Mung.

Runic position:

1. **Body erect,** eyes straight ahead, chin tucked in, shoulders slightly raised, chest arched, small of back hollow, abdomen drawn in, knees bent. When standing: feet at right angles. When walking: feet straight out. Arms slightly hanging, elbows bent forward, hand surfaces slightly forward, shell-like. Overall: **basic military stance.**

2. **Seated body.** Upper body position as before. Knees held slightly together, feet together. Place your hands lightly on your knees. Arms resting.

3. **Walking body.** Upper body as in front, arms slightly bent at the elbows, palms slightly forward like shells. The back foot is pushed off by the big toe while walking.

It must be practiced daily. Givers are asked for their address. Baths are given as far as time permits. Two hot baths a week are a good way of removing waste products. Where ulcers appear, this is a sign that the body is cleansing itself. However, hot baths and colonic irrigation are helpful here. The first thing to do is to cleanse the body and get it under control. No harm can come from the exercises.

Further position exercises are given in other books.

Beware of hatred, envy and brutal thoughts of love. Be sexually sparing without self-compulsion. Reason decides. Be prepared for growth in every respect.

Jur Runen-Zorm-Abung Sann Sie Runen-Äprech-Mung.

1. Inhale. Duration 5 seconds - seven steps in the usual gait. No longer for the time being; if you cannot inhale this deeply, increase the duration slowly and inhale at around 4 steps for the time being.
2. Sing the "i" softly. Initially in a pitch that suits you best, but not with a wide mouth. Practice several times a day.
3. From this note, go up in pitch without taking the scale into account. Do not pause during the change of tone. Practice several times a day.
4. Hold the "i" for about 10 seconds - 12 steps - and longer. Practice several times a day.
5. Let the sound flow through the body from bottom to top. From top to bottom and then from bottom to top again, i.e. starting at a low pitch. Screw the tone "up", then drop back down (siren). Duration of the "i": about four seconds is the maximum time for the time being. Practice several times a day.
6. The same, only skip from the lowest note to the highest note, which can be sung quietly without effort. Practice several times a day.
7. The same, but start on the high note and skip to the lowest note. Practice several times a day.
8. The same, but start on the low note and skip to the high note. 6th, 7th, 8th Duration of singing the "i" for about 4 seconds. Practice several times a day.
9. You must proceed with exercises 1-8 in the correct order. The next exercise should only be carried out gradually. So: First you get used to breathing in correctly. Since you can inhale correctly, you first exhale fully. The exercise of exhaling and inhaling should always be practiced during walks in nature. The second exercise should be practiced alone for at least 7 days. On the 8th day, start with the 3rd exercise and practise the second exercise alongside it.

continued. After another seven days, the 4th exercise is added and so on.

This is the slow way. It is the safe way. It ' must not be delayed with the exercise. The total exercise time is half an hour to one hour. hour. But you can also proceed more quickly.

For some practitioners, the effect of the "i" in the body will be immediate. These practitioners can shorten the time until the next exercise is started up to four layers. I do not recommend shortening the time any further. Further abbreviations can only be made in cases of extreme need. However, anyone who progresses in a shortened time must of course practice for a longer time every day. The safest way, however, is the slow way, not least so that the mental and physical transformation does not have a critical effect in mood crises and physical crises of rejection.

Above all, the body must first be attuned to a conscious ego-notion and it must also be allowed to take effect in the body in sound. In the upright conscious posture we have the basic military position before us, proof that something of the old runic training methods was still preserved in the training system of the old army. But this posture merely served to make the body of the necrutes and soldiers into a receptive antenna.

So what was practiced in the Prussian army back then was already runic magic. For us, it is now a matter of making ourselves receptive to the I-runes and powers. But we don't make ourselves receptive so that others can command us, we command ourselves.

Always and at all times, when we assume the I-rune position, we have the thought within us that we want to absorb two opposing directions, flowing forces, from the infinite expanses of heaven and from the center of the earth, so that they become I-conscious in us. In this way we bring into ourselves consciousness of eternity from the infinite spaces of heaven, as well as consciousness from the history of the earth's development. A tremendous force, but one that only takes effect in us according to our measure, flows through us when we consciously turn towards this force.

our physical sensory field (psychic aura), our life force field and our body.

We become an ego-conscious pillar, the ego rune itself, in daily mastery of this current. We become a self-personality, an individuality. Once we have become this, then in further runic exercises we will progressively create for ourselves from the forces of heaven and earth what we need to fight for our brothers and sisters in the present and the future.

Your thoughts at öer I-Runen-Mung.

"I want to be an antenna for the rays and waves of the elemental force, which further evoke and strengthen the I-consciousness in me!

I want to experience everything I-consciously, do everything I-consciously in the future, I want to be I-consciously my own!

I draw strength from the deepest depths, from the sphere of the earth, and from the greatest height, from the sphere of the Supermundane Space, the two sources of physical and spiritual-soul life, by adjusting myself in the direction of both sources, stretching and stretching, and directing the currents of these fields of force through me!

Since sacred scripture, sacred word and sacred deed are in unison, I form the I-rune with my body, speak, hum the self-sound "i" and thus in fact bring my body to fine rhythmic vibrations in a vibration number that corresponds to a certain cosmic ray, the ray of the I-rune, and that wave, which is now guided through my body, transforms the I-consciousness of the universe in my body into my own I-consciousness!

My body is now the antenna of the most sacred I-consciousness ray, which flows through me from the million-light-year worlds of space to the center of the earth!

I arrange all the currents flowing above, below and beside me, even of the finest kind, parallel to my body, so that these currents calm me, strengthen me and make me enterprising!

Something in my body is blossoming. Of its own accord, it always wants to adjust itself in the sacred direction of the "i" rune. The upright human being is the "i" rune, which

I am the "i" rune. The direction from top to bottom is the direction innate to me, formed in flesh and blood!" -

The first successes of the I-Rune exercise.

1. A sudden, noticeable warming of the whole body and a wonderful invigoration and revitalization.
2. A feeling of lightness, of being young and a happy feeling of being secure in eternal powers and forces floods the whole body, indeed the whole soul.
3. A feeling of vitality and energy throughout the whole day.
4. The mind becomes clearer, the heart calmer, the whole attitude more hopeful and confident.
5. The whole being radiates more awareness. Wherever you go, you will receive a warm welcome. Disputes and disagreements and disharmonies disappear in the surroundings; either by themselves or when one only attunes oneself to the I-rune in one's thoughts and also thinks in one's thoughts that one is murmuring this rune in the I-rune position outdoors. In this gaze one places the field of the I-rune out of oneself into one's surroundings and creates calming and clarity according to one's will.

Application of the I-rune exercise for diseases of your own body.

Blood rushes to the head:

Practice standing or walking or sitting. Start with the highest tone, lower the tone slowly, hold the tone at the bottom for a while. Practice for about 5-10 minutes.

Poor blood circulation:

Even with poor sound distribution: practise standing, sitting or walking. Start with the lowest tone, raise the lute, then lower it again, change the volume. Practice for about 10 minutes or longer.

DrLsenfunktion, deficient, general:

Practice standing up, preferably alone in the room. Change the sound until the best vibration is achieved. Change the volume if necessary. Often let the sound play at one pitch.

Accumulation of gas in the body:

Practice standing up. Change the tone and volume frequently.

Lack of vitality, innate or momentary:

Also shivering, tiredness, despondency. Standing or sitting. (Do not forget to breathe deeply). Standing or walking with toes off the ground. Rocking on the tips of your toes. Hold the pitch in the position that resonates most strongly in the body, namely in the neck and chest.

Back pain:

Practice walking, standing and sitting. Pay attention to your posture despite the pain. Tease the spine more often, first the left shoulder up, then the right. Hold the 'Don' that swings best in the spine. Leave the sound down at the end.

For all diseases

and their elimination through runic exercises:

Never forget: First breathe out deeply, then breathe in deeply. Maintain a full, calm breathing rhythm at all times. Best time to practise: One hour before sunrise to three hours after sunrise.

The I-rune mung and its effects are explainable

with regard to the physical constitution in that an inner systematic shaking and massaging of the entire length of the body begins through the specific body position and the chanting of the self-sound "i". High and low rays are now excluded.

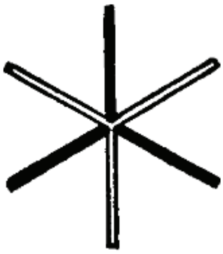
This loosens the waste products present in the body, initiates their elimination and the recovery of the body. Certain important glands begin to work actively (including a stronger flow of saliva). The result is rejuvenation of the body.

with regard to the mental state in that not only the body in its entire length and its solid matter is set into fine vibration, but also the liquids and gases permeating the body. In the same way, the layers of air surrounding the body are individually and deliberately set into vibration. The fine components of these layers of air are thus absorbed.

able for the body. Furthermore, the magnetic aura of the body is shaken with fine vibrations, its currents are harmonized with the body and disordered, the magnetic atmosphere of the body and its currents are strengthened and thus enabled to absorb radiations and waves from the force field of heaven and earth, which are then transformed into nerve power.

In regard to the spiritual constitution, the subtle vibration of the gross and subtle body of man creates a special magnetic vacuum in the axis of the body, in its vibration similar to the vibration of the Supermundane Space and similar to the inner space of the earth (tension, direction and substance are everywhere the expression and seat of the indwelling spirit!) In addition, the will of man stretches out in the most sacred direction into infinite expanses and becomes the axis (for etching) of his being. The rune practitioner creates in himself an axial zone of supernatural will to be, an eternal consciousness, the consciousness of the joyful warrior, on which all the waves of the environment with their small
.blushes" and "worries" break.

With regard to the I rune, the human being becomes a living bar magnet that attracts all currents from the direction in which it is placed. - At the same time, the radiations of the material body become organized. They become more directed, more lively. They begin to vibrate, to glow subtly. The luminous aura, the radiant dress of the healing Jch°en begins to form. (Many things now become clear: images of saints with a halo, rord light, light appearing in germinating seeds, etc.)



I- unö I-Runen-Korm-Mung.

We will now move on to further Jch-Bunen exercises, namely to lengthening the body. We achieve this lengthening by raising the arms vertically to the right. So we lift our arms up and hold them stretched out at shoulder width.

With this exercise, we move logically from the I-runes exercise to the J-BuneN exercise. The position in both exercises is characterized by the fact that we raise our arms. For the time being we use " as the runic sound in this position. The use and effect of the runic sound will be given later.

The same applies with regard to the general posture of the body as for the posture of the pure I-bune.

Form-lifting is said and seated for the standing and the body.

But we now extend arms body, in that we can vertically upwards.

We bear in mind that our hands the opposite poles of the feet. We are accustomed to holding the kiss horizontally, but now we realize that we cannot hold the land horizontally with our arms outstretched. The basic principles that are expressed in the structure of the hand are different from the basic principles that are expressed in the structure of the foot.

We can only position the palm vertically with the arms raised vertically and let the palm look from halfway back to halfway forward. But we cannot bring the palms into a horizontal position.

On the other hand, we can't bring the feet into the vertical position. Even the best top dancer can't do that.

But we can place our feet inwards and diagonally outwards.

We can do the same with a supported hand or hanging arms. But when the arm is raised, we do not bring the palms into a horizontal plane, at most into an inclined one.

Before we include the arms in the I-Rune-Column, the above considerations were important because they tell us how we have to hold the hands during the Bune-Life if we want to achieve certain results.

k

Direction is part of the essence of the I rune. Richwyg similar is already polarity.

In the physical form of the I-running position with raised arms, the inner palms of the hands and the soles of the feet are the opposite pole surfaces.

Depending on the direction and position of these two pole surfaces, we will achieve different effects. In each case, different muscles, tendons and nerves are seized in different positions of the feet and hands. In each case, we can direct the polarized currents inwards or upwards or in different directions.

The living I-rune created by our body becomes longest when we hold our hands up vertically. - We can hold the inner palms facing forward. - But we can also hold the palms flat so that they look at each other. -

Otherwise, however, we can achieve the following basic hand positions with the palm held straight.

1. Hands position.

Hands with palms facing forward. The palms are slanted backwards and upwards. The fingertips point backwards, the palms almost horizontal. The corresponding foot position is: feet together, toes straight ahead.

2. Hands position.

Hands with palms facing forward. The palms slant backwards to the sides at the top. The fingertips point backwards to the sides. The hands are not held together. - The corresponding foot position is: feet at right angles. The toes point outwards until the two feet together form a right angle (90 degrees).

3. Hand position.

Hands vertical, palms facing forward. The palms are facing forward. The hands are stretched upwards. - The appropriate foot position is: feet together, toes straight out. If possible, stand on your toes.

4. Hand position.

Hands vertical, palms facing inwards. The palms are facing each other. The hands are facing upwards. - The appropriate foot position is: feet together, toes straight out. Stand on your toes if possible.

9le effects öer extended I rune.

All the successes that we were able to observe when practicing the normal buns are now being consolidated and increased. But there may be differences in terms of the warming of the body. For many practitioners, the warming will not be as strong as with the normal I-bune exercise.

All other results are enhanced, and the effects on illnesses also set in more quickly. It is therefore not necessary to keep this exercise as long as the normal I-Rune exercise.

These exercises can be performed standing and sitting, but not walking.

Runic speech nbung.

We do the speaking exercises as we find them on page 166, namely exercises 1, 2, 3, 4, 5, 6, 7, 8 but only standing or sitting. We start with the letter i. Our thoughts for these exercises are the same as for the I-Bunen exercise with hands resting against the body (page 74, volume I/II of the Marby-Bunen library), (in this volume here page 108/109).

The effect of the different hand positions should also be mentioned.

With the 1st hand position and matching foot position: Strongest polarization.

With the1 "MiM position and the matching foot position: polarization and strongest radiation downwards and upwards, from the middle of the hand and foot.

In both the 3rd hand position and the matching foot position: polarization and stronger radiation from the feet downwards, from the hands forwards. Sending exercise. --

In the 4th hand position and the matching foot position: polarization of the body and accumulation and charging. More receiver and tensioning exercise. Recommended for fatigue.

Further exercises, for the time being the exercises with the j sound, will follow in the next double volume of the Marby-Bunen-Bücherei.

For the sake of a uniform picture and to show the readers of this book what it is all about, I had to bring back some of the material from the first double volume of the Marby Rune Library.

[redacted] Lnnü about the rune forger [redacted]

Management and chair: Friedrich Bernhard Marby, currently Holte near Copenhagen.
Also available through Marby-Verlag, Stuttgart.

The Association of Rune Researchers was founded in the middle of 1931 and today (end of February 1932) has over 200 members in all countries of the world.

The purpose and aim of the Federation is the exploration of the runic realms and the development of each individual and all peoples through runic gymnastics, daily transmission of guiding runic waves around the whole earth, transmission of healing waves for the sick and weak, support for the needy and lonely.

Duty of members: Daily rune practice. Collaboration in collection and research. Monthly report to the head of the association. Payment of an annual contribution of Mk. 8, for which the Bundesblatt is delivered free of charge from June 1932.

Further information on membership etc. **is available on** request from the federal management.

Some reports from members of the Association of Runic Researchers followed by news and explanations from the director.

The members of the League of Rune Researchers send monthly reports **on** the success of their Nunen exercises. Initially, weekly reports were written. Some of the baptizing letters follow. Further reports in the Bundesblatt.

. dorf, 25.1.1932.

...The month of December was full of work. As a ...civil servant at the German Reichspost, there was an overload of strenuous work right into the New Year. My energy and the joy of work gushed from the primal source of the universe. Mr. Marby, I practice every day before and after work, on the way to and from the post office according to your instructions. Success: I never tire, my mood is cheerful and always hopeful and, above all, my self-confidence has grown. I continue to be your very grateful student. I am eagerly awaiting the runes book, volume III/IV, so that I can dig deeper.

Your grateful student........(follows name), Oberpostsekr.

Postscript:

Right sol I congratulate you on your successes. You confirm what others have written, not all of whose letters I can publish here. So this letter may apply to many. What experiences have you had with healing rune exercises? Please reply.

Runic salvation F.B.M.

. January 30, 1932.

Today I finally want to give you a report on my Nunen exercise. I have already written that I feel a sense of bliss around me when I am working intensively. Everything heavy then falls away from me and when I thought so intensely about work during the exercises, then some work came on the days. So it was in November - I had had very little to do for many months and had fallen into great debt - when I thought very strongly about work and in a very strange way. I didn't really need to run errands - but it drove me out. I bought a few little things and on the way back I met a lady I knew who asked me if I would like to take on private care. Well, I was very happy and we went straight to the lady's home. The next morning I started the care, which lasted 14 days. I was also busy in Degember and I was also thinking hard beforehand during the exercises. Do your thoughts get carried away during the exercises when you are looking for help? I would like to know how I can concentrate even more on this, because I need to improve my financial situation, otherwise I'll be in a bad way. A month's work is like a drop in the ocean. Unfortunately, I can now often only practise in my room, but with the window open. But then I also feel a strong vibration in the body - so there must also be an effect. People who are basically hostile to me now come politely. I always had a calming influence on my patients, but with unpleasant patients I snapped easily. Today I can deal with them too. I now realize with awareness that I can make people like me. I didn't used to have this awareness. I took it so much for granted, took **it** so lightly and perhaps lost a lot of goodwill as a result. Hopefully I act more consciously now....

Your faithful follower (f. name).

Postscript:

This letter has been written by a lady who has been working as a nurse for decades and who performs her profession with much love and sacrifice. I would like to say from the outset that I am happy to refer excellent nurses to trustworthy patients known to me (snoopers will not receive a reply).

This letter is proof of what our Runic exercises can do. Unemployment soon disappears, as evidenced by a number of "letters" when rune practitioners strive to get work.

In addition, for the past six months we have been sending our helping waves daily to all those we know are in need, creating **a** wave area of great strength across Europe. A wave area **in** which those we think of and send to are cores. People who have become their own and who also walk their own paths, but who are also secure for the future and who will always and forever have as much as they need to live and develop.

There are many paths to salvation, but all paths are first opened up through the runic exercises of the Marby Rune Gymnastics and the path that is the right one for the particular case then always arises of its own accord and is also walked quite emotionally in many cases, but often also fully consciously.

Even in the care of the sick and in the healing and recovery process in cases of illness, the runic exercises are very successful. Anyone who cannot understand **this** is simply beyond help. Among the members **of the** League of Rune Researchers and the eager readers of my magazine "Der eigene Weg" and the Marby Rune Library we have a very large number of nurses, deaconesses, carers, healers, teachers, doctors and priests. It is understandable that these people, who want to do good and are full of value, do not always say from which source they draw their strength. But it is certain that these sources have opened up for themselves after all these people, who are now rising higher and higher in value, have read my writings and have been pointed by me to the source of all strength. Certainly, says the Christian, all strength comes from God, but what use is a full fountain of all free and mighty power if one cannot draw on it? If the 8000 or so pastors in Germany and the 35000 or so teachers in Germany, if the 20,000 or so doctors and medical practitioners in Germany and the nurses in Germany today were rune-knowledgeable, then all, but also all questions that concern us today would be solved and all need would have disappeared as if it had never been. That is certain! I wish you continued success!

Runenheil! F.B.M.

Sch , March 6, 1932.

Dear Mr. Marby!

Regarding my last month's report, I have to explain that nothing significant has changed for me. However, I have had some very good successes through sending healing runes. On January 25, a man from ... Walde came to me and explained that his 2-year-old child had been crying day and night for weeks and was not eating and probably had pains in his body. When I wanted to give him some of the Zimpel remedies from my medicine chest, with which I had had surprising success so far, he declared that he no longer had any confidence in all medicines because he had already been to all kinds of doctors and healers and without any success and he almost believed that something had been done to the child. You have already made some very detailed comments about this "doing".

interesting article in your magazine "Der eigene Weg". I then advised him to rub his child the next morning with the lower part of a fine shirt dipped in brook water. I left the father with the reassurance that he could count on a speedy recovery. I immediately sent Nunen waves to the child. After a few days, I was informed that the child was healed the next morning and was immediately complete. He was happy and in good spirits again. I also had cases of sciatica and cardiac asthma. I also achieved rapid improvement by sending healing runes. I hope that the sick people you have given me on the list, to whom I sent and send healing runes every day, have healed just as quickly.

Nunenheilllhr (follows name).

It was about disturbances in the child's life force field. - Sciatica and cardiac asthma usually disappear after just one runic exercise. - The list of sick people that the letter writer refers to is a list that is sent to the members of the Association of Rune Researchers. Healing waves are sent to these patients daily by all members. The results are brilliant. There are no expenses for the patients. F. B. M.

A..., February 29, 1932.

...As we await Volume III/IV of the Marby Rune Library, the month has already come to an end. Nevertheless, I would like to submit my February report and tell you about my latest successes. Over the past few weeks, I have seen for myself and my family that the runic exercises not only prevent illness, but also drive it away. A severe cold with a bout of flu was gone after just 2 days. The awareness of self-healing is a wonderful feeling. It strengthens the mind and the body has to cooperate. Trust in one's own strength is greatly encouraged. My father-in-law, who I wrote to you about at the time, now feels that he is on the road to recovery. All medical treatment was unsuccessful and he went downhill more and more, now things are looking up with runic healing gymnastics....Mit Runengrnß! (f. name).

Remark:

It is probably not necessary to add anything to this letter. F. B.M.

B , February 14, 1932.

.... As ridiculous as the matter is, I must tell you something. After I managed to cure a few people's illnesses through the I-runes exercise, many people were afraid of me and said that ...NN. can do witchcraft. Nobody can do what he can do. It was even reported to the police. I was then also asked. It's just as well that I'm in good contact with individual officers in higher positions through the

. association.

Remark:

It is certain that the success of the runic exercises is a gelvaltige and unheard of faster. As I proved in Volume I/II of the Marby Rune Library on the basis of an exchange of letters and telegrams, illnesses were cured in Czechoslovakia through runic exercises which I carried out in Sweden.

The effect of the runic transmission, which breaks through all barriers, is based on the fact that in the runic transmission world forces are set in motion through the use of holy will. Those who do not have this will cannot help.

Now the great masses are not only deliberately stultified, but they have also been inculcated with all kinds of unhealthy instincts, fears and views, which have become second nature: Ignorance, gossip^ envy, fear, cowardice, baseness, etc. All these "values", however, are not born "values" but acquired ones. Nevertheless, the rune--" practitioner, as much as he wants to help his brothers and sisters among the people and as much as he must help where he can, must reckon with this immaturity and undevelopedness and confusion of the people. So silence is the best thing for both sides. Only where the brain is clear and the heart is willing to help may one speak. - If you act against these principles, you will have to bear the consequences yourself. - But the consequences lie more in the mental mood of the runic exercises. Legally, the situation is such that one must take responsibility for what

New German newspaper

mlt v.il°g. The rune researcher

Publisher: Kcieürich Vernhaeü Marbg

VLe bolding appears from 1st time 1P51 (weekly 4-6 seldom). "I price annual Lurch Sireifbonü from the publisher: Mk. S.40 free domicile, quarterly Mk. L.10. - by üie Post: quarterly Nk. 1.56 incl. delivery charges.

While the magazine "Der eigene Weg" is intended to help circles experienced in astrological thought processes and is primarily advisory in nature, the "Neudeutsche Zeitung" is intended to bring rune thought to the people and comment on current issues. The supplement " Der Nunenforscher" is also the newsletter of the Bund der Nunenforscher.

Marbv-Verlag/ Ätuttgart.

one has said. Remote treatment of the sick and weak is not punishable if no compensation is demanded or expected. If you are successful, be content with that success and move on. I myself do not publicize all my successes, but I have to publish some because I am at the forefront of the movement and have to tell the able what is possible, what has to be done and how it has to be done. So my publications only give me pleasure so far. But the greatest joy for me is when I have been able to help, when I have been a willing and able tool.

So that's how we have to adjust. - The main thing is that we work. If we become stronger, then no undeveloped person will repeat what he has learned in the school of condemnation, but will himself repeat what he has learned in the school of stultification, but will himself

Runenheil! F.B.M.

Three drives after Üer Reihe unü short answer.

1. Nunen exercise report.

Dear Mr. Marby! December 21, 1931.

I would like to thank you very much for the letter I received with the happy announcement of my admission to the Nunenforscher association. Unfortunately, I overlooked your message in the "Eigener Weg", as I did not refer to myself in the message there, which is why I do not know how my application for membership will be decided and have not yet begun my dutiful reporting.

I started the Nuneugpmnastik at the end of October. Every morning between 6.30 and 7K I made the almost half-hour walk to the highest peak of the mountain and it took me a lot of effort to make the walk every morning. I regularly did the exercises in sequence for 30 minutes, depending on

For 7 days. I confess - if I hadn't felt the surprising, beneficial effect on my mind and body, I would very soon have been put off going out into the mountains (even rainy weather didn't stop me). My voice, always very raspy (chronic throat and pharyngitis) could not be raised at first. After only 5-10 minutes of exercise I always had to throw up a lot of phlegm. After about 8 weeks I was able to raise my voice quite high. The phlegm still persists today and it almost seems to me as if it wants to get worse. For a few weeks now I have also felt a strong tightness and stinging in the upper tips of my lungs and bronchi during exercise and during the day, but especially when I go out into the cold winter air. (Bm 12 years ago on lung

If I have been treated for tuberculosis, does the former ençapsulation dissolve and does full healing then occur?) I have also recently noticed that my urine becomes very cloudy and milky when it stands for a while. Likewise, the stool activity is now quite regular without help, but sometimes still quite gaseous.

While the exercises cause me all kinds of physical discomfort, the effect on my mind is so beneficial that I often have to ask myself
"Am I really that cheerful or is this just recklessness?". After all, encouraged by Jewish businessmen to start a business, I not only went down the slippery slope, but I was left with debts of around 10,000 marks, although these were covered by my parental inheritance. But I myself have become completely assetless as a result. At the same time, I am constantly receiving court threats, payment orders, etc. from my creditors and I must now be doubly surprised that I am not losing my head and am still in good spirits, even managing to be quite cheerful without any effort. That under the given circumstances I live in very meager circumstances, for I am constantly paying in installments with the last mark I can spare. But now the bank has canceled my loan and I am faced with the possibility of having to take an oath of disclosure.

I continue to practise Nunen gymnastics regularly, but in the last few cold days I've been in my room. It seems to me that I feel the effect more strongly here. Can a linoleum floor also be a hindrance to the dissipation of the evil rays into the earth when I am practicing the transmission exercise? Is it also possible to use a washbasin with water as a temporary solution. So far I have carried out the discharge on the linoleum floor and have had the feeling that the discharge has also taken place.

In astrology, where I have always been somewhat insecure in my ability to interpret, I have recently noticed a significantly greater certainty and, especially without a rule book, I give interpretations that are confirmed by the people concerned as being entirely accurate. These are statements that usually cannot be found in a rule book.

Incidentally, I am imbued with an inner peace and harmony that makes me almost completely forget my financial hardships until a new letter shakes me up again. There are still some creditors that I would prefer to pay because they could use their money themselves.

Yours sincerely, Your humble (f. name),

2. Nunenübungs-Report. H. January 5, 1932.

Slowly I feel my strength increasing, an observation that encourages me more and more to continue with the runic exercises. After receiving list no. 1 for the Hilse-Sende exercises, I started doing the exercises in the morning and evening, at sunrise and sunset, for about 45 minutes each time.

During the various holidays, when I was away several times, I couldn't always keep to the exercises at the same time, and usually not for that long.

When I start the exercises (in my room) I usually hear a noise in some piece of furniture, which is never repeated, at least not if I want to observe halfway whether this process is repeated.

Before I do the help transmissions, I practise for about 10-15 minutes. The transmission exercise itself is quite exhausting, especially if I do it for longer than 4 or 5 minutes, but I always recover quickly afterwards.

The stinging at the top of my lungs has disappeared for a few days now, and I no longer have so much sputum. My sleep is very good. Inner peace is increasing more and more. The worrying about how I will earn money tomorrow or the day after tomorrow in order to be able to live has disappeared. On the contrary, I realize that despite the bad times, income always comes in when I need money.

Although the time before the holidays was not exactly favorable for me astrologically and at the beginning I didn't know how I was going to pay my rent at the end of the month, I suddenly had so much that it was enough for everything.

I didn't make any other special observations over the holidays.

I wish you good luck at the turn of the year and I am your devoted (f. name) with Runev greetings.

3. Runic exercise report. H . . . February 16, 1932.

I have subsequently read in the "Eigener Weg" that the weekly reports have been changed to monthly reports. In the following I am now giving my third report on my further experiences in the runic exercises:

I changed my apartment on the first of January and didn't realize that this moment could play a significant role for me. Because of the cold, I did the runic exercises in my room, not always in the same place. It was only after a week that I noticed that, despite all the exercises, I was becoming more and more dull, and at various times it took me a tremendous effort to do the exercises at all. For five to ten minutes it was always a struggle not to fall asleep or collapse during the exercise. Only then did I gradually gain strength. Then I noticed that I felt the need for sleep more than usual, and that my nervous energy decreased more than it increased, especially during the night, while during the day I was able to catch up a little. All of a sudden I had the idea to examine my sleeping place with the pendulum for a possible underground water vein and I actually found out that there was one. The reason for my abnormally decreasing strength overnight is now clear. Also the reason why I went more limp at first during exercises, the latter always when I did my exercises standing above the water vein. However, I now feel compelled to move again on April 1st.

Otherwise my economic situation has improved considerably despite the opposition of Jupiter to the natal Sun due this month on the 6th. My critical economic situation, which I wrote about last time, has surprisingly taken a turn for the better. I do the exercises regularly in the mornings and evenings, not always for half an hour, but for at least a quarter of an hour, depending on my free time. Due to my job, I have had to skip the exercises from time to time, but only rarely. All in all, I am amazed by the successes, a turn for the better everywhere, a happy confidence and satisfaction. I am very much looking forward to the further volumes of the Rune Library arriving in my home soon and greet you **with** gratitude in this hope.

Your devoted (follows name).

Notes on these three letters.

1. Letter, paragraph 3: Yes, the final healing is accomplished through the runic exercises. - Paragraph 4: Everything is settled without further ado. No rune practitioner will perish. - Paragraph 5: Discharge through linoleum is possible, but it is better, if one practices in the room, to discharge after the healing rune work in such a way that one opens the window and discharges on the stone wall outside or on water pipes or over an electrical line. You can also wash your hands after healing (without soap) and pour the water away immediately. - Paragraph 6: Yes, all abilities are awakened through the runic exercises. The books can only contain the basics. - Paragraph 7: Monthly reporting is sufficient, weekly is better and frees up time. - Regarding the letter of January 5, 1932: Paragraph 3: The cracking in the piece of furniture is the result of the room being charged with tension. The body radiates waves. It transmits. - Paragraph 4: The strain was probably due to the presence of an underground water vein (see letter of February 16). - Paragraph 5: So the lung thing has disappeared. The letter writer's radiations now also regulate his material needs. That's right. So: Marby has not promised too much. - Regarding the letter of February 16, 1932, paragraph 2: So, a vein of water that is sucking away. Moving is the best thing. - Paragraph 3: Yes, the runes also overcome the star positions wherever possible. Everything works out for the better according to a mysterious plan. The runic exercises work silently and lead to the good goal in all areas. I wish our letter writer continued good progress and complete success in life! Beck and work! i.e. practise the runes of your ancestors and do your duty, thenall paths will be open to you step by step!Farewell! B. M.

All letters (some of many hundreds) are reproduced here verbatim. Only the place name has been changed or omitted, as have the names of the senders.

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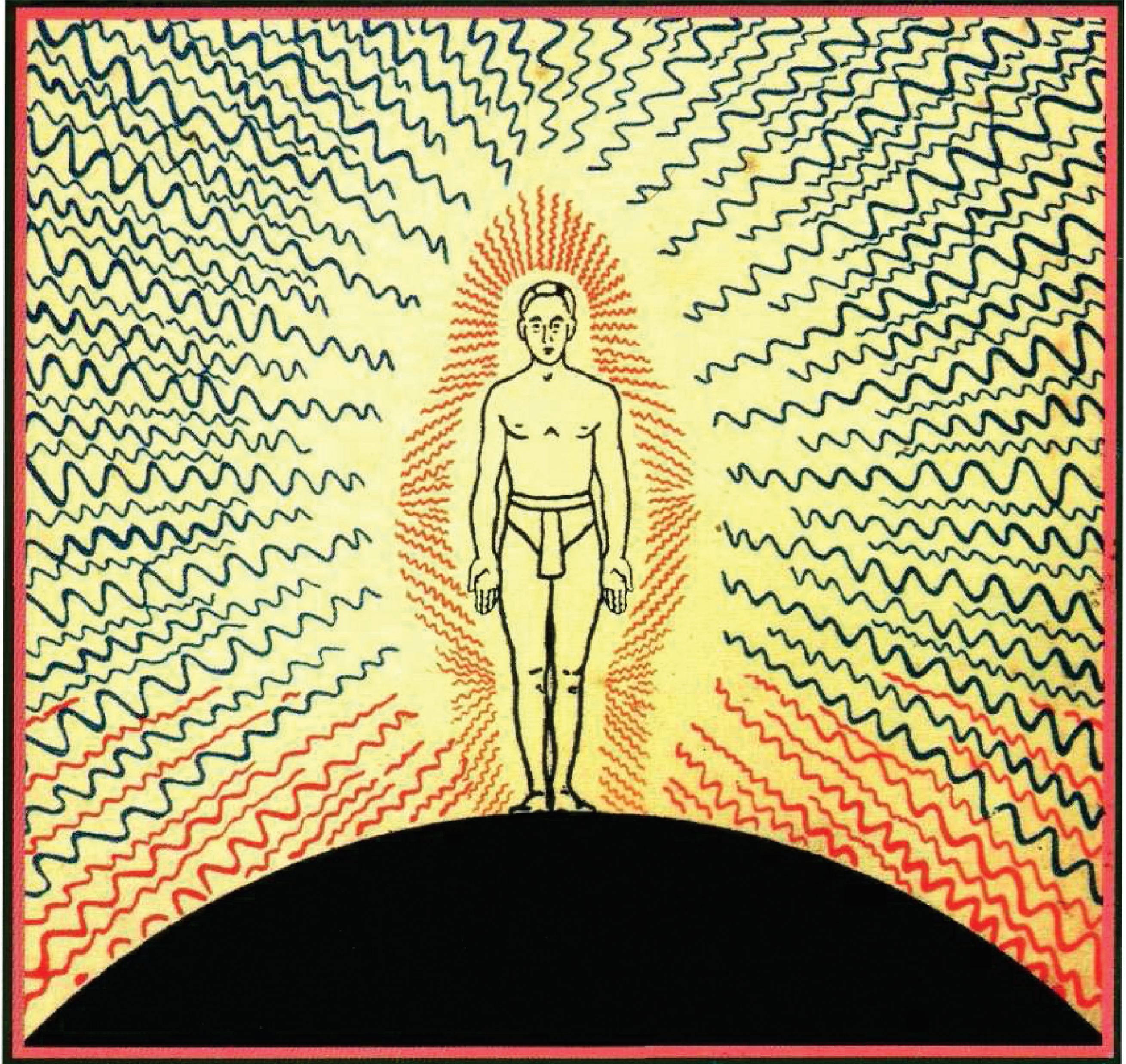

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The publisher.

Foreword to this ~~Voppel volu~~me

The further double volume of the Marby Rune Book, longed for by the many thousands of brothers and sisters of the Germanic Germanic community who are active in the field of runic research, is now available. Many circumstances caused me to wait a while before publishing this volume. Since the greater part of the contents of this double volume and the following volumes were written years ago during my stay in Sweden, i.e. the manuscript is already finished, partly in typeset form, the coming volumes can now be expected to follow one another more quickly.

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The layout and equipment of the runic training grounds and the Marby runic language will be dealt with in the following Weiler volumes.

Finally, this volume 5/6 of the Marby rune dictionary contains further elevations with detailed, important, exclusionary notes and explanations.

Step by step, in healthy co-development, the readers of the Marby Rune Library enter the world of runes according to a well-considered plan and learn how to practise the runes and use the runic cogs.

The knowledge of the power of the runes of our ancestors absolutely obliges us to open up and apply the Krästeborn of the Germanic people and the ger manic raffe through the rediscovered racial gymnastics.

The success of the exercises of Rassische Gymnastik is proven by the more than 30,000 rune reports I have received from practitioners to date. The Runic Exercises have become a blessing to all Runic people and all those for whom they were practiced, and it is impossible to imagine the development of our time, which wants to and should become the "dawning" new Runic Age, without them.

To participate in this is the highest desire and the most spiritual task of life for every honest, upright, unmerciful person striving for the higher development of the race and humanity.

With rune healing!

The author.

The twelve-thousand-year-old Ramps Between light and darkness

Tierdlut tu Meuscheuaderu

Imposed primitive world views fight against the dynamic world view of the Germanic tribes.

Times of darkness have always followed the preceding times of light, times of discord among people have followed times of brotherhood, and times of bondage have followed times of freedom and development opportunities for the people.

Periods in which "God walked the earth". - Periods in which people who knew about God and divinity, because they themselves knew and walked the path that transformed and developed them into gods - at least in known areas of the earth's surface - alternated with periods in which the path to divinity and God was distorted, withheld and obstructed.

How this could happen is a question that has often preoccupied all those familiar with these issues. The answer will be summarized here as briefly as possible.

The path to divinity and to God is based on the following thought processes: The divine is love, which knowingly begets the world and all things and wants development. So whoever wants to attain divinity and God must love God, the world and all things and beings knowingly and must lead the world, all things and beings as well as himself to a higher development. -

The development of all living beings and things presupposes an order, for, since the stage of development of all living beings is different, the work of development must always be directed towards the next living goal, according to

The developmental stage of the individual being, including the individual human being, must be taken into account.

Such an order, which begins with the development work there and in such a way and continues it where and how it is necessary, was once present, first locally in those areas of the north which today lie under snow and ice. From there it was spread southwards over all parts of the world, encompassing all humans and animals and developing them in an orderly manner.

There is not enough space here to refer to the various stages in the advance of the divine order. It is certain that all the old, good religions and state constitutions which we find in all parts of the world originate from the time when the Germanic order led the whole of humanity to higher development. But these religions and state constitutions have changed over time, indeed in some cases they have become the complete opposite of what they were before. They were once tailored to the development of the individual, the people and humanity, they ordered and separated and united all the forces in man and nature towards the high goal of development and achieved what all the good after-effects in the areas of humanity once cultivated by the Nordic Germanic tribes (India, China, Japan, Asia Minor, Persia, Africa, Mexico
L.f and others still bear witness today, once definitely the goal set - but - we see: the disintegration of the old Germanic order, beginning in the countries of the Mediterranean basin and even flooding and poisoning the mother countries of the Germanic tribes, is now also progressing in Asia.

If we ask ourselves how all this came about, we find three answers:

1. The cause lay in cosmic influences.
2. The cause lay in an overpowering or weakening of the leading Germanic race.
3. The cause lay in the people themselves - and another answer could be:
4. The three causes mentioned above worked together in the disintegration of the time of light, the holy order and the God-man.

We will now look at these four possible causes and their effects.

Cosmic influences.

It is undoubtedly true that a large part of the conditions on earth are shaped by the influences of the radiations coming from the cosmos. - Besides this, there are times of the world which are very favorable to life on earth, at least to the life of the higher living beings, and times of the world which have an unfavorable effect. There are also times of the world which, with their main type of radiation, have a favorable influence on one part of the earth, on one race of human beings, on one particular feeling, while other parts of the earth, races and directions of feeling are unfavorable.

We know that the Earth's orbit around the sun does not coincide with the Earth's equator. In the plane of the earth's orbit (ecliptic) all the planets and also the sun appear to move around the earth. However, the rotation of the earth, as seen from the earth, in turn has a manifold effect on the irradiation of the earth by the celestial bodies moving in the ecliptic. - As the ecliptic does not coincide with the Earth's equator, the two intersect at two points. One point is called the vernal equinox because the sun is at the beginning of spring (0° Aries)! The other point is called the autumn point because the sun is at the beginning of autumn (0° Libra).

However, these two crossing points of the planetary orbit and the earth's equator do not always remain in the same place, but they move, namely these crossing points (spring and autumn points) move backwards on the earth's equator (and thus also! in the lyrical circle) (i.e. from Aries to Pisces, from Pisces to Aquarius, etc.).

Run we must mean that at least the temperate cones and parts of the cold cones, i.e. those areas that are most heavily inhabited by humans, receive their spring, summer, fall and winter impulse from the position of the sun. If the sun moves northwards across the equator, spring begins for the northern hemisphere, but if the sun moves southwards across the equator, the autumn pulse begins.

However, since this passing of the sun over the earth's equator gradually takes place in a different celestial region each time, completely different celestial regions, including completely different fixed points, are also gradually transmitted.

During spring, the stars send their waves down to the earth, thereby changing the earth's spring pulse. But the same is also the case during summer, fall and winter. Spring, summer, fall and winter are periods of life for the earth and humanity. Birth, ripening, harvest and procreation alternate here, but are gradually changed in their nature, strength and effect by the radiation of other parts of the sky. - This is how the favorable and unfavorable seasons for mankind and its development come into being. -

After about 25900 earth years, the vernal equinox and the autumnal equinox are now again at the same equatorial location. From this it follows that the cosmic radiation which the earth receives today in spring is the same radiation which the earth received 12960 years ago as cosmic radiation during the Rächt. The same sky which today, together with the sun, influences the blossoming and events in spring, determined the harvest and events in autumn 12,960 spans ago.

The heavens around 12,800 spans ago therefore wanted exactly the opposite of what they are ushering in today. The problems that arise today are probably the same as they were 12960 spans ago, because the spring point of today covers the autumn point of the past, but the position that earth man takes on these problems is different and in contrast to the position and view that earth man was led to take around 12800 spans ago.

We realize from this how wisely everything is arranged so that all problems, all questions of life, all areas of spiritual, mental and physical life must be dealt with gradually by mankind and considered from different points of view, but we also understand that even the idea of development, even if always present, must temporarily disappear into the background, must temporarily come to the fore or can be understood differently.

We have thus established a certain periodicity which has a cosmic influence on the idea of development, and the obvious thing to investigate is whether a cosmic influence may not have caused a red period, a weakening of the leading ger- inanifjic race, so that from the development system has just been able to break out the top of the most highly developed people, the actual bearers of developmental gratitude.

Today the vernal equinox is located at about 0 degrees Pisces. It was in the same place 25920 Earth years ago (if there was no change in the speed of the advance of the vernal equinox). Since 25920 years divided by 12 equals 2160 years, we would have approximately followed the picture:

Vernal equinox in Pisces from today until 2160 years ago (Pisces age)

Spring point in Aries from 2160 to 4320 years ago (Aries-iAge)

Vernal equinox in Taurus from 4320 to 6480 years ago (Age of Taurus)

Vernal equinox in Gemini from 6480 to 8640 years ago (Gemini age)

Vernal equinox in Cancer from 8640 to 10 800 years ago (Age of Cancer)

Vernal equinox in Leo from 10 800 to 12 960 years ago (Age of Leo)

Spring equinox in Virgo from 12 960 to 15 120 years back (Virgo age) etc.

This gives us a list of the different ages. They would be meaningless if they did not have the characteristic that, as we have seen, the radiation of individual celestial regions is favored in them.

Lier blood in human veins.

The above-mentioned cosmic radiation periods can cause Irish catastrophes, the collapse of celestial bodies onto the earth, temperature drops and subsequent ice ages etc., and according to old reports we have, such a major earth catastrophe changed the face of the earth quite significantly around 10,000 to 12,000 years ago. Above all, the areas of the purest radiations, the areas around the North Pole, the central seat of the Germanic race, were hit hard and thus not only the radiativity of the earth was severely impaired, but also the Germanic race was forced to migrate to areas that were occupied by people of a lower race. However, this meant that fewer

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developed people of the Germanic race with other races. This had previously been avoided. This breakthrough of the old order then had the effect that Germanic blood, which was "highly" developed in relation to the other races, mixed with the blood of lesser races in bastardization.

The misery of mankind dates from this time. -

We must bear in mind that the dark races were still in a very animal-like state at that time. When "the gods (Goths) mingled with the daughters of men", it came over mankind like a blind intoxication. The healthy line of development for the inferior races broke off abruptly and the Germanic tribes fell into lyricism the more they mixed with the inferior races. Maturity, spirituality and intelligence, closeness to God in feeling, knowledge of God in the spirit and in the genetic make-up of the blood, world-bridging ability and the sharpest self-criticism mingled with a dull, superstitious spiritual journey and impulsiveness, with the impossibility of grasping the divine in a sentient way, mingled with fear, anxiety, submissiveness and a sense of inferiority, mingled with a blood heritage in which the experiences of animal time still resonated, mingled with a lack of creative joy and ability as well as with unhealthy or absent self-criticism. -

The world history of the past 12,000 years, insofar as it lies openly before us and insofar as it holds back into the gray darkness of that which our historians cannot know, do not want to know or are officially not allowed to know, is nothing more than proof of the individual stages of the self-destruction of humanity and of man in himself.

And furthermore, for the undeveloped, inferior races, the following train of thought suggested itself: Why, if the gods (gods) had children with humans, should the inferior races not be allowed to join the animals? What the gods were allowed to do, they, the inferior races, were also allowed to do: out of "religion" then - even descend to the animals? -

This is how sodomy came about, how sodomy even became a "religion" in the south, in the whole of Asia Minor (Palestine) and Rord-Africa, indeed in all the countries of the Mediterranean, and the struggle was hard, which the (later called "Greeks")

The battle against a "religion" that elevated even these products of shameful testimony to "gods". -

While in Greece this disgrace of the spirit was dealt with early on, in Palestine the plague continued to rage and the research results of Jörg Lanz von Liebenfels ("Theozoologie" Ostara-Zefte. Wien bei Johannes Walthari Wölfl, Donmayergasse 9) suggest that the mission of Jesus of Nazareth is to be seen as a fight against this plague; however, he interpreted his mission as such a mission within the Jewish people, as the passage in the Testament of Repentance proves According to which he rejected the Samaritan woman "because he had been sent to the Jews".

Even if the shameful evil of sodomy is only is still officially known in Turkey, Palestine and Africa, it is certain that it not only played a great role in the deepest period of the fall of mankind, at least in the south, but that it still has an effect, since it can be assumed that a whole number of these half-animal half-men were able to reproduce. We can safely assume that among the people who later moved to the north of the earth there have always been and still are those who are descended from this shameful un-breeding with animals and who still, or at least temporarily, carry the animal within them.

This animalism, not always visible, but developed through intellectual training into conscious bestiality, is usually very well hidden by these so burdened people. Sensing their own inferiority, they envy other people for whom pure feeling, good thinking and good deeds are as easy, as natural and innate. The Liermen know that in the consciousness of pure feeling, good will and good deed lies a dome of mental tension which they can never have. The Liermen know that in a world and a time that fights bestiality and wants to return to the idea of development, they themselves are also forced to work on themselves and to develop, as far as this is at all possible. Damm tore the beastmen in old and also in the new religious movements at the beginning of our era, in order to escape developmental coercion. The aim was to take away the good conscience of pure feeling, will and ability from people and nations not yet poisoned by lier blood in order to break their power. Various institutions have done this thoroughly right up to the present day by imposing the "original sin" and "sinner" complex and a spiritual dependency on people with fine sensibilities and peoples of pure blood.

...salvation" for the animal-blooded -
poisoning for the Germanic
tribes.

Many people who come from the south but have less animal blood in their bloodlines and long for redemption from this animal blood are also consciously pulling in the direction of these institutions. An institution that made it possible for these people to penetrate to the pure-blooded Germanic north in order to redeem themselves from the animal blood through marriage and procreation with pure-blooded Germanic men and women was, of course, a very valuable institution for these people and still is today. Anyone who enters into a conversation about religions and churches with one of these people will always find that here, emotionally or consciously, for the sake of redemption from the animal blood, very friendly people, even those who idolize the priest, argue with him. -But as soon as the core question, the racial question, is touched upon, all understanding is lacking (or it is denied), but never hatred. This also applies to those who, although of Germanic blood, were once poisoned by animal blood in their ancestors. This applies even more to those who know the Jews, who therefore, even in times when racial questions arise, stand protectively before various churches, support them in every direction, enforce them (in imperial Russia, every first-born male Jew child was brought to maturity and later became a Christian pastor!) and consciously baptize themselves in pursuit of their goal.

Religions of salvation are therefore for certainanimal people or of animal seed -somehow poisoned, from the south

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people who come from or have come into contact with southern blood, at least a hope for redemption. If we know this, we can understand many things, including the fanaticism and the tenacious, ardent fight of certain orders for their own, the "redeeming" church, which spares no cunning and no means. The fight against the Nordic race has always been the
"religious" struggle of southern orders and societies.

This sham religious struggle between the Lier people, who do not want any development at all, and the Lier people or people poisoned in their blood roots, who want a solution by making the pure Germanic blood available for their purposes, is the struggle of the last millennia against the Germanic peoples! And this battle is being waged persistently and by all means, as we recognize and know if we know how to read history properly and have our eyes open.

In this struggle, it has always been the Liermenschen who have stood and, in the last 900-1000 years, have always succeeded in getting their own into the most authoritative positions in the states. Thus, " development", " culture", " religion" and "humanity" have always been defined as that which does not harm the lower Liermenschen, with whom the higher animal man still feels connected, and which therefore benefits him and - has made and still makes the pure-blooded Germanic peoples willing to give up the ground from which the Liermenschen, who in this deceitful "pious" way push themselves to a very questionable redemption, unload their animal blood. Liermenschen don't care whether the Germanic race perishes in the process.

We see: Our time is disorder, struggle in the fin stern, duping of the good and pure, stultification of those capable of development, "redemption" through! Rape of those whose blood is used for redemption, whose death or corruption is demanded by those hoping for redemption simply out of "religion". -

There is of course no development of the Germanic tribes, nor of the other races under this disorder. Today, as the southern doctrine, supported by certain "economic methods", is only really having an effect on the Germanic peoples' constitution of blood in the most distant regions where they live, the decay, the chaos for the whole of the Germanic world is coming.

Earth and the day when mankind, in dire need, must openly ask itself: Do we want to reintroduce the old order based on racial blood development (not racial blood theft) or do we want to perish?

That this order will never be introduced by the beast-men, that all the churches will fight against this order and if it does come, will push their way to the leadership in order to undermine it and falsify it again, that therefore only a completely new, pure-blooded, consciously Germanic community, which must also create a new, reality-living religion, can lead, work and uphold this order - that is as clear and self-evidently true as the Bright Sun Day.

When we look at the situation today, we realize that the beastmen know that the tide is now turning. Their organizations in churches and states are therefore extremely active in order to contain and stifle the development towards true order. All means are being used to unite all churches and peoples in order to shackle Germanic mankind.

This goal of "religious" autocracy, which under the banner of "confessional unification" is the goal of "Catholic Action" in all countries today and the goal of the "Pan-Europe", which is just as conspicuously preached by the Liermenschen now, are comprehensive goals which are to secure the redemption of a wider circle of southern animal men from their animal blood at the expense of Germanic courage, and a further advance against the divine idea of development, an advance against a natural, a push against a natural, scientifically founded new order of mankind, which cannot permit the thief and the murder of pure racial blood, but demands of the individual that he develop racially in slow, healthy breeding of courage out of his own work on himself within a racial order in all countries of the world.

Just as we reject all racial conceit, because it creates a conceit of Dorrechh and impulses hostile to development, we will in future recognize people, estates, circles, sects, churches, lodges, associations, parties and governments by the way they not only talk about racial issues, but also act on them.

Anyone who affirms the value of race, who affirms race breeding as a goal, also wants a reorganization of humanity, a

A new order that leads to higher development. And all those who are so minded and all those who devote all their energy to such a new order, to such a development to be reintroduced, are in truth religious! -

I have placed a marker stone along the path. Some will bump into it. Diele will storm against it. - It will not give way. - But the clear, light-filled, truly religious people who truly want the good will climb out of this stone and see the land of humanity's future that we will fight for. -

The "white Jewry"

We now come to the third cause, the decline of the former Germanic order and the resistance to the reintroduction of the former order of development.

A true order revolves around three values:
1. the individual person, - 2. the idea of development.
3. the totality of people, animals, etc.

If a blossom wants to unfold, and humanity is like a blossom, then it is necessary that the whole blossom, that every single petal unfolds. Otherwise one cannot speak of an unfolded and developed blossom. However, egoistic people, both past and present, have always consciously and unconsciously tried to claim everything that develops for themselves alone and to obstruct the path of development for other people. This attitude, however, is clearly opposed to the idea of development in general.

We can say:

If a person values himself more highly than the idea of development, he works against his own development and the development of others. -

Since the word "development" supposedly coincides with the meaning of the word religion, this person, no matter how religious he may act or even preach religion, is basically without religion. He is an enemy of development and of all religion if he only wants to develop himself.

This striving to develop only oneself has the following obvious, but therefore precisely the behind-the-scenes, insidious and cunning reasons and thoughts:

"If I only develop myself, at most those who belong to my family, to my class, to my people, to my race, then I, we, as a result of our higher knowledge, will become the master, the masters of their people, classes, nations and races."

Effect: He who thinks only of his own development in order to rule strives to stultify others, strives to keep other people, classes, peoples and races away from knowledge of the laws of nature and thus from development.

This is how the egoist (possibly the ideal egoist) arises, who restricts the sacred idea of development to such an extent that it only serves him and his clan, while harming all other people. The "love" on which his "thoughts of development" are based is lost in the inner and outer weakness of Dor's rights and turns into contempt for those whom this " responsible pious man", who " wants to lead other people to do good", has bred himself, and into a cowardly fear of the "rabble" which he himself created by cheating the people of their birthright, of the path of higher development.

Of course, the spiritually blind person cannot achieve this goal alone. That is why he joins forces with others who think like him, and these kinds of alliances have existed secretly and openly all over the world for at least 10,000 years. These alliances dominate not only the states, but also economic life and the mental and spiritual life of all mankind. Only a few people, the few who thereby also gain the basis for rebirth (!), do not allow themselves to be enslaved and are in open or hidden battle with this world plague. world plague. This battle is the most honorable battle a human being can fight!

The "holy" egoism of the fool of mankind also has some bad but just consequences for himself, which must occur according to natural law.

In order to achieve his egoistic goals, he himself will have to spend a great deal of his life, which he will now lack for his development. In addition, however, once he has achieved the stultification of others, he can rest in his striving for development and does so more and more and becomes weary to the end, degenerates in himself, in his family, in his people and in his race. -

The words: "I'm not competing with myself!" must no longer be the leaders' watchword in the family, in the workshop, at work, at university, in the ministry, in the sect, in the parties, in the associations and in the church.

All those people, families, nations and races that perished prepared their own downfall by thinking they could slow down the development of others by believing that they did not need to develop any further themselves. The tyrants, the ruthless, the mean in soul, the cunning in mind, the word twisters, contract breakers, the ambitious, the racketeers, thieves and murderers, openly appearing, or allying themselves with hypocritical posturing under all kinds of masks and even by invoking God and claiming high ideals, are the "white Jews" who, in their selfishness and reactionary activities, only harm themselves and the development of humanity.

The purpose of the "priest" box.

The atmosphere of lust for power, ambition, egoism and delusion is corrupting humanity like a poisonous gas. The most sacred ideals of mankind have been trampled into the dust of the street, and most of all by those people and associations who have always claimed and continue to claim to champion ideal goals. This was the purpose of the priestly castes that first emerged in the South and later in the North.

All of the new religions were based on the old true ideals of Aryanism, of real humanity. But alas, it was not long before the descendants of the beast-men, the selfish, the power-hungry, had seized the idea, had organized and led the movement "in the right direction". It was like that always and everywhere. Wherever mankind tried to free itself from the claws of the beast-men and the power-hungry, the liberating idea was ultimately forged into all the more binding chains. And so it was with the sublime

The idea that emerged at the beginning of our era in the countries of the Mediterranean basin and which was destined to initiate a renewal of the peoples there: it was bent, transformed not only into a shackle for the peoples who lived there in the south, but also for the peoples of the north.

However, as the peoples of the north were more highly cultured than the peoples of the south, a different approach was taken. In the South, the idea of Christianity was a great new idea - there it attracted the masses. In the North, however, the peoples had a higher religion, indeed the religion of which the idea of Christ, which was now also at work in the South, was only a pale reflection, since the idea of Christ itself was born in the North.

So the idea itself could no longer be confusing in the north. It was well known. It was nothing new. In the North, people went further, they thought further, they were at home in the most familiar grounds of religion. In the North, being connected to God was not a Sunday suit, but a matter of course, innate, inherited from a divine lineage.

In the north, the southern rulers could only come to power if they reduced the peoples' knowledge, if possible below the level of the south. The north could never be defeated with a doctrine, but only after the north had been divided, first with force, then with a "faith".

Charles the Saxon murderer then took over the former, and after he had worked, the work of dumbing down the Germanic peoples of the eastern Rhine could begin. The Germanic peoples of the western Rhine, the peoples of present-day England, France and Spain had already succumbed to an earlier wave of deception by the southern animal-blooded "initiates" and priestly castes. But more about that below.------------------

The thoughts that guide the will originate from the world view of the individual, the people, the masses and humanity.

If mankind were allowed to be content, the correct world view would be able to see through its daily reality and thus correct thinking would also be able to guide the will correctly! - But from time immemorial there have been people and circles who have invented world views or who have primitive world views in order to determine the thoughts of mankind and the direction of its will.

All the 'religious' systems invented by the beastly courage-infested southern circles had the

-The purpose was to give the beastmen access to the north and to make them rulers over the Germanic tribes, so that they, the Diermenschen, had the prospect of redeeming themselves from the animal blood through procreation and mixing.

The thirst for the higher divine courage of the Germanic tribes had, what is always concealed, already shown other - no less gruesome - blossoms. Long before the beginning of our era, southern circles had come to dominate Spain, France and England. There, the sacred Germanic religion was then interspersed with southern "religious" views that were intent on bloodshed. The southern delusion of ritual murder, the purpose of which was to take possession of the blood of pure-blooded, innocent Germanic children, had its effect here among the so-called Celts in the form of human sacrifices. The pure-blooded Ger men and Germanic women were sacrificed. The Celtic priests, who were in fact employees of the southern "church" of the Siermenschen, used their courage for evil black magic purposes. The southern church, as well as it appeared in Germania was a continuation of the Celtic church. That is why Charles the Butcher of the Saxons spread it. But the sacrifice of the many pure-blooded Germanic men and women was now theologically replaced by the sacrifice of another man, Jesus of Razareth. This new thesis also prompted Winfried, a Celt, called Donifazius, as a delegate of the Celtic church, to give the southern Celtic church, among others Ramen, a continuation in the eastern Rhineland. This is how the beastmen invaded the rest of Germania.

Where a league of beast-men has subverted a community, a people, a state of higher-ranking people, this league must introduce and enforce a primitive world view in order to remain at the helm.

c The League of Diermenschen, which in the larger church created a tool suitable for all, even the most pious enthusiasts, succeeded over time in pushing back the old Germanic dynamic world view more and more. All

Thoughts and cultural values related to the Germanic world view were punished with death as "abominations" and "witchcraft", eradicated and the knowledge of them ("witch" and "sorcerer" burnings, inquisition).

I Instead, the most primitive world view, a mechanistic world view, was forced upon the people. According to this world view, everything that happened in the world was, to a certain extent, operated by levers and screws. The wind that blew across the land came from a large bellows, the rain came from a large watering can, the sun and the moon hung in the sky as lanterns, and all of this was made by one person, a very great and powerful one, who only had to lift a finger and everything would collapse. So that he didn't do that, you had to ask and pray, and since he didn't speak to "ordinary" people, but only to the priest, you had to have the priest and obey him in everything, even if he ordered you to burn your own mother, your own sister, your own wife at the stake. For otherwise --.

This mechanistic view of the world, the existence of which is attested to by baptized images from the Middle Ages, this mechanistic view of the world, which was intended to bring the Germanic tribes back to the cultural level of the Regers so that they could be used for whatever they wanted, actually dominated the world for several hundred years with its consequences and consequences, as baptized woodcuts, images and sculptures prove.

Everything that developed later: God's grace and serfdom, crusaderism and flagellantism, flagellation and witchcraft, inquisition and religious war, revolution and industrialism, were the result of that "order" which made man worthless, without rights, and elevated matter, It elevated matter, property, to the status of king, who could bestow all rights, who made the emotionally valuable human being a plaything and a laughing stock, but "ennobled" traitors and villains and made them fconvogts, kivchen princes, sovereigns and ministers.

Although there were already around two hundred Bible translations in existence before Luther, the appearance of

Luther's emphasis on highlighting the primal rights of the human soul is very strong.

In this way, man himself, the Germanic man in his own sense of self, in his human values, advanced against the mechanistic world view and the Germanic man against the Pope and the priestly caste.

But even if the Reformation brought greater freedom of spirit, and honest, thinking Catholics will never underestimate this, even to the Catholic sections of the population, the Reformation sank into the princely churches of the post-Reformation period. If the religious feeling of the Germanic peoples had previously been abused by Rome and its desire for power, this religious feeling was now abused by the sovereigns and their lust for power. Rome was rivaled in the struggle for power by the sovereign and his priestly caste. This led to competition between the two powers, which on the one hand unleashed bloody battles against each other, but on the other undermined the mechanistic view of the world over time.

The mechanistic view of the world is falling!

The same thoughts of the ruling circles in church and state, which were directed towards property and power, favored the blossoming of the sciences after the autocracy of the church had been broken. Even if the scientific research institutes were only supported in order to open up new avenues of economic profit, the growth of scientific knowledge on the other hand gradually brought about a world view that increasingly contradicted the dogma, the dogma of the Church.

However, the church itself was forced to adopt an ambivalent position here too. On the one hand, it profited from better economic exploitation, as it itself possessed the greatest values, while on the other hand it opposed all efforts to allow the scientific view of the world to penetrate the people and fought against any scientist who drew conclusions based on his findings in public that were uncomfortable for the Church.

The greater liquefaction of values, which is reflected in an ever-increasing amount of money in circulation and ever-higher interest rates soon created a third international alongside the International of the Church and the International of Princes: the International of Usurers. These usurers, once bred from behind by the Church itself, because the New Testament forbade the Church to take interest, became so powerful over time that they were now able to turn the process of expropriation of the people, which the Church had begun and the princes and nobility had continued, against the princes and nobility.

The first move of the International of Usurers took place in the first French Revolution. The last bloody move was the world war, the revolution in Russia and Central Europe and the subsequent "peace treaties".

Today it has been shown that the morsels were a little too large; but in order to gain the right time to digest them, the International of usurers again needed the International of Churches and concluded an alliance with it, so that the International of Churches could now "pacify" the peoples again. We must therefore reckon with a greater withdrawal from the churches everywhere and with a union of the churches, and with the introduction of the Roman Church in Russia, if it does not succeed there in "pacifying" the people without the Church. The International of Usurers will even support a "religious war" against Russia and the Order. But if the Usurers' International feels strong enough, it will try to expropriate the Church completely in a new revolution and then proclaim a new kingship and priesthood.

At least we think that's the plan.

This whole course of development, which we clearly know in the past and present and are fighting against for the future, is born of a material view of the world, a view of the world which sees the foundation and the goal of life in the material, and it did not come about by itself that it was always the ecclesiastical parties, the sovereigns and their followers and the so-called educated who, as a result of their world view, ruthlessly crushed everything that stood in the way of their goal and yet always fought among themselves, drawing the people into their feud. It was not by chance that it was always the church parties, the princes of the states and their followers and the so-called educated who ruthlessly crushed everything that stood in the way of their goal as a result of their world view and yet were always feuding among themselves, drawing the people into their feud and abusing them for their own ends.

The Germanic, dynamic world view.

The people themselves, however, lived unformed, for every form was opposed by the church, alongside the southern mechanical Reger world view, the old Germanic world view, albeit fading more and more and losing more and more of its effect.

This old Germanic world view, however, is a dynamic world view with the following basic features:

Being is eternal. - Being can emerge as an appearance. - World-times in which being appears as appearance alternate with world-times in which being does not appear. - The being that appears is called the world. - At the beginning of a world's emergence, being polarizes itself. - The polarization zone is then what we call space. It is then filled with tension. Currents and current vortices develop. In their inhibition, these give birth to the celestial bodies. The same process also applies to the incarnation of man. But man is able to overcome the influence of the celestial bodies acting on him through knowledge and self-will. Once he has reached a certain stage of development, the realm of conscious rebirths begins. His activity of recognizing and applying the laws of being and of the world then ensures him
Finally, awareness even when being does not appear. As the Eternal One, developer and leader of the newly becoming living beings and human beings, he will emerge again and again, loving and organizing, when this being appears again, when a world becomes again.

The Germanic world view corresponds to the facts. The Germanic world view is a dynamic world view that spurs man on to conscious activity on the path of development. The world of matter is born out of the world of rays and waves. Dominion over the dynamic world of rays and waves also ensures dominion over matter and the becoming and shaping of matter. Man must strive to get to know the world of dynamic values and to form life from here.

In ancient Germania, not only did many people possess these dynamic abilities, but they were also trained, schooled by the Germanic priests and encouraged to be trained.

Forces for good application. Those who did not use their knowledge and power for good were soon recognized and once (and today, moreover) punished themselves according to the laws of the forces with which they worked. And in the old order many an incentive to do bad things fell away from the outset. Everyone had what they needed! More possessions and Good could do no good. But more respect and love of fellow tribesmen could develop further, a gave wider sphere of influence.

From the time of youth onwards, everything was a single school, a path to the greatest possible development. Once the youth examination (today confirmation), which determined manhood, had been passed, came the years of work as an apprentice, then after examination as a journeyman (in the knighthood: page, squire, knight). Wandering under guidance, instruction on the way and work abroad continued to develop. Then another test had to be passed - the master was ready - he could marry. When the old order still encompassed the earth from the pole to the far south, the master could go out into the "eternal spring" as a farmer (Baas) or master and leave a home and a homeland in other areas of the order. When Germania became smaller and smaller, the former southern Areas ones came under foreign control, so he had to remain wait in the country and - wait.

But he was always searching, learning and whether developing, there at home or abroad. After passing the examinations, in which he had to give proof of his knowledge, even about other things, he gained influence and rank in the village Thing, the district Thing and the national Thing.

There was no "nobility" in the modern sense. Everyone was aristocratic. But they also had to prove it. They were all freemen, but they also had to prove it.

This is how the Swabians still celebrate "the forties" today, the "Fortieth birthday party", an echo of the old institution. All men and women who reached the age of forty in the same Fahre once had to undergo a test. Forty years of driving showed how a person had used their driving for their own education and how they had managed their strength. In addition, with 40 Enter the "dangerous age", a new wave of life that determines everything to come. For valuable people who were capable of being welcomed, further initiation necessary.

So tests had to be taken. It had to be shown that sharp, empathetic thinking, that experience in the fields of metaphysics, mythology, law, religion and the treatment of the sick and in other areas is available.

In the ancient Germanic order, various ways of initiation were common! They had to be expressed somehow in form and symbol, word and gesture. Cover words, coking had to be created so that the disciple himself could attain what could only become his own in this way. But it was introduced. Various methods, which we still know today as "games", were devised to introduce, pass on, question and decide. I will mention a few "games". There is the question and answer game, once applied to the runes. Then the game of chess, the other games: Dominoes, mill, card game, knuckle game, dice game, etc. Each rune, each card, each throw of the dice had different relationships and meanings for the values of order in the dynamic world.

The way the dice and the card fell, the way the rune bars fell over each other, they had to be interpreted.

The interpretation decided whether one was able to understand further initiations, but it also decided whether one was allowed to have more rights (because more insight was available) in the future in deciding important life issues of the community or not. This is how the free and the unfree came into being. So when Lacitus reports that the Germanic tribes "scrambled" their freedom, he was right on the face of it, but he had not penetrated the inner essence of the matter, and the unfree were once by no means unfree in our sense. They just didn't have as many voting rights. They could not vote for the gref, the count, the highest initiate in the district. The Gref or Graf, the best grasping (Swedish: Grip -- griffin), the cleverest, could only be elected by the free, the initiated. He was the smartest, the most powerful in thought, the best among the freemen as a magician and rune-knower.

The counts then chose the same reason again lines from their circle to the princes, i.e. the "Försten" —

The princes elected the electors from their circle (there were four, corresponding to the four cardinal points), and these elected the king or queen, for men and women had equal rights among the freemen.

Thus the best, most experienced experts and wizards of the dynamic world were chosen from among the people, healers, priests and advisors. The rulers and leaders in their district, and thus the earldom, the prince, electorate and kingship was not hereditary, but an election, based on the choice of a knowledgeable, proven circle, and when the electors once chose a Henry the "bird-teller", they chose a Henry! the priest-teacher, because "bird" was a code name for priests in ancient times and when a Walther von der "Vogelweide" was called that, he was the Walt- herr, the Walter of a school of priests. Because the school is also a willow.

It will be important for the reader to learn something about the astronomy and astrology of the Germanic tribes. Germanic astronomy was not separate from astrology. They were both more developed than today and worked with the finest apparatus and instruments, namely seers (mediums). Moreover, our ancestors possessed such a keen power of observation that all honest researchers today are astonished. With regard to the electrotechnical knowledge of our ancestors, I would like to refer you to other parts of the Runic Library.

It should only be briefly noted here that even today, in all countries, the old Dolksastrology, necessarily an echo of the old Germanic astrology, does not work with the zodiacal values Aries, Taurus, Gemini, etc.. In fact, Germanic astrology was not mainly based on the latter values. Like the old folk astrology of today, it reckoned with the "planets", but it knew the planets better than we do today and was able to provide a more profound and faster picture of what was to come.

I will postpone further discussion of this area for a more detailed discussion at a later date.

Once again: blood and world view.

If the Christian church was guided in its practice by a materialistic sensibility, it was not the first church in Europe to fall into this attitude. The Celto-Germanic Church, which dominated Ireland, Gaul and the area west of the Rhine, had already had the same attitude. The inhabitants of these areas were Germanic like the Germanic peoples living in the eastern Rhine region, but they were more exposed to the blood influences and views of the population of the Mediterranean countries.

Science speaks of "Celts" when it looks at the time and the people of the West Germanic church and pretends that this was a special race. In truth, it was a branch of the Germanic race which, through mixing with Reger and Jewish blood, became susceptible to the black magic of the South. Thus it was that this branch race developed and that animal sacrifices (and also human sacrifices), as were customary among black peoples, found their way into the "religious rites" of the West Germanic peoples, the "Celts".

As we know, the southernmost blood, which is always a mixture of animal blood and the blood of the Romans and "Celts" , still has an effect on the appearance, character and hostile attitude towards the East Germanic peoples and their sentiments. (The West Germanic tribes (Romanen and Jrenj) are still Roman-church today for no reason. In the English tradition, the belief that the English are descended from a son of Jacob who immigrated to England has persisted to this day for no good reason. This "legend" was adopted in England from the Irish when it became fashionable to regard the Jews as the "chosen people". The East and North Germanic peoples were aware of the Germanic enmity inherent in their blood.

That is why they went on the attack. They advanced against England, Gaul, Spain and Italy, indeed against the entire south. At first, a strong Frisian immigration began in England. Holland and Belgium became completely Frisian or Flemish again. The present-day Rordfrankreich was added later, southern Germany was reclaimed, the whole of France and Spain, even the northern coast of Africa, then areas in Asia Minor. The Germanic tribes also conquered Rome.

This advance of the Germanic tribes was by no means limited to the migration of peoples, but rather spanned a period of several centuries and only ended when the southern races called the Mongols to their aid. Thus it was that Attila, the king of the Huns, invaded Germania with his hordes, which had been denuded of its human population, and fell behind the Germanic migrations. So it was that when he pushed too far west, which was not the intention of the world leadership of the dark races, he was defeated by the same racially mixed peoples he had been sent to help. -

Charles Martel and his grandson Charles the "Great" also came from the circles of the already mixed West Germanic peoples, who later, as a representative of the southern mixed peoples, as a follower of the church of the southern world leadership, smashed the East Germanic church and destroyed all Germanic culture in Germania with such animal fury, that the unprejudiced historian must be puzzled if he does not know that here, against racial blood, highly developed religiosity and human freedom, he was able to strike a blow and, with the support of the Roman Church, was able to enforce this deliberate destruction and enslavement.

It is impossible within the scope of this book to describe all the details of the struggle of the last 3000 years, but it should be pointed out here that always and at all times all secret orders and secret lodges in the areas !of the niggered Germanic tribes and that they have always been and still are filled with an animal hatred against everything Germanic, furthermore that even today, when Western Europe acts against Germany and against Central Europe, the ominous blood mixture of the firecrackers in the West, without their knowing it, is the atmosphere from which all harm to Germanism springs.

In this way we can understand what happened in the last world war. We can understand why Italy, which had been an "ally" of Germany and Austria for decades, turned into an enemy and how England came to take a stand against Ostgerma nentum, with Poland rising again as a wedge between Germany and Germanic Russia.

The contrast between the West Germanic and East Germanic peoples will forever dominate world history, unless Germany itself becomes a nation - and this goal was attempted to be achieved during the occupation of the Rhine and Ruhr regions. Even the Roman Pope of the time did not oppose this.

Even though the Germans resisted where they could since the violent Christianization, they were unable to prevent one thing: the suppression of the old dynamic world view of the Germanic tribes and the sntrassung, the advance of the material world view with its foundation and goal: money and interest economy.

The southerners were the masters of the land, the all-powerful leadership was in Rome and even emperors elected by the Germanic side could not deny the Roman confessor entry into the empress's chambers. -

The Germanic tribes were preached repentance, submission, shamefulness, obedience and cowardice. The whiners were the favorite children of the newly introduced god. The god himself was invisible, but his servants were so powerful that they created a Canossa for Germanic emperors, a Canossa that would only be eradicated when the bondage of interest and the bondage of the spirit had been smashed by the peoples. The new leader of the Germanic peoples coming from the Rorden will destroy and eradicate these powers that enslave humanity as if they had never existed.

With him will march a spiritual power, the dynamic world view of the Germanic peoples of old, reawakened by the never-resting spirit of development and renewed and rediscovered by the priests of Germanic blood all over the world, by the men of head-thinking and the men of heart-thinking and intuition, the men of science and the men of the people. And this world view will become and be just as and even more effective than the materialistic world view, for it will become flesh and blood and - this is the blessing that has repeatedly sprouted from the people in the darkest age: - the people, because they think with their hearts, could never think as materialistically as the thought machines in the pulpit and catheder, the people took root, even in the wave of superstition created by the church, in the tenacious adherence to to the true values of faith ,which from from the heart arises from the heart, unconsciously, but in the dynamic world and thus always received

The strength to fight their way through to the present day, in spite of the "big boys'" hustle and bustle.

If we therefore place our hope in the people

-If we have to make the people aware of the dynamic world view anew, because the academics and pastors are dependent until they are liberated from the people, then we must also ensure that the people become clearly aware of the dynamic world view anew. I must therefore write in the vernacular. Only in this way can we reach the people, only in this way can we involve them in the struggle for development that is now beginning, only in this way can a time of true, lasting and continuing development be initiated by means of the effect of the true, dynamic world view. -

The dynamic world view on the rise!

The "masters" from the south had destroyed all Nunen documents and, if possible, every order and memory that referred to the Dynamic World View.

The lost dynamic view of the world had to be recaptured with great effort and against the resistance of all the dark ones.

The return of the dynamic world view began shortly after the Reformation Wars, actually in a precursor, the chemistic world view. Organic chemistry, alongside inorganic chemistry, gradually dethroned the mechanistic world view, and although mechanics played a major role in the subsequent industrialization, it faded as a world view.

The chemistic world view was a transition. It was later replaced more and more by the dynamic world view.

It began with galvanism and mesmerism. Then came the findings on the effects of magnetism and electrism. - This led back to the nature of matter. The atom was recognized as an electrical vortex. Radio transmitting stations excited the ether With sensitive apparatus, rays coming from outer space, the high-altitude rays, were detected. The dynamic world view, the world view of the Germanic tribes, is now growing more and more; you may want it or not, you may admit it or not.

The whole world is power, its first manifestation

Waves and rays, only their inhibition creates matter. Pas law of sympathy and antipathy (polarity) determines everything, including the becoming, the nature and form of matter.
> Rune stones begin to speak of the ancient world knowledge of the Teutons. -Before, they could not speak, because we did not understand their language. Now that we have re-entered their world view and the veil of stultification has lifted, we can also understand their language, their content. Our (or science's) previous arrogance was bottomless stupidity, insolence towards the knowledgeable of old, the knowledgeable whose knowledge and skills we can only guess at today, because we are only at the beginning of the Germanic, dynamic world view.

The dynamic world view, like any other world view, can now be understood scientifically and coldly theoretically. But you can also let the dynamic world view take effect in flesh and blood! - Everyone has the choice. -

If the dynamic world view remained merely the "view" of the (universities, it would become a new shackle for the firecrackers. The world would become a single factory and man
^ Inevitably, and much more than before, a radio receiving apparatus that "feels", "thinks" and babbles what the official world broadcasting station transmits, right into every thought and every feeling. -

Humanity would have swapped the devil for Beelzebub. It would be irredeemably at the mercy of a small circle of chief medicine men who would claim divine "honor" and create it for themselves.

But the turning point in time at which the Dyamian world view emerges brings something never imagined up from the womb of the gray past.

This remorseful and yet old and at the same time self-evident and simple thing is the conscious bringing of the forces of the dynamic world into the human body, is the training of the human body into the racial body, is the transformation of the human soul into the racial soul, is the enhancement of the human spirit into the racial spirit. -

The spirit, soul and body of human beings have evolved from the effects and values of the dynamic world. The

The dynamic essence of the world is present in man, in the three values of spirit, soul and body, but it must be clearly identified and consciously grasped, developed and enhanced by man himself. The racial man is the dynamic man, the man who is or becomes a racial man by becoming aware of the dynamic inherent in him and radiating from him and by applying the dynamic forces, and who thus develops and reproduces himself.

The dynamics of the universe are best expressed in the spirit that takes a clear position on all questions of becoming and being from within itself and by giving itself direction.

The inbred spirit (insofar as inbred people can have spirit) must allow itself to be taught, that is, to be guided. The thoroughbred, conscious spirit, which has its own direction within itself, needs no instruction, rejects instruction, because it has its own ready-made spiritual direction within itself, with which and against which everything is weighed.

The spirit that has become unraced or unraced can only become racy again through the method of training that it applies itself, the method of training that consciously opens up the dynamics of the universe to it and that makes it a spiritual being that has emerged from this universe.
direction again or newly granted.

The soul that has become unraceable or unraceable cannot become raceable through spiritual impressions that people impart to it. The unracial or mixed-race soul can only be clarified and become racial again by consciously bringing in the dynamic fields present in the universe, which now in turn clarify the soul's hereditary well and along the direction of the racial spirit also clarify and rebuild the soul's field of feeling and will until the racial soul is successful.

A body with racial characteristics is not racy in itself. A house built like a church is not yet a church if this house serves as a stable. If a racial body is not filled with a racial, conscious soul and is not consciously governed and guided by its own racial spirit, it is not a racial human being. Only when the racial body subjects itself to that method of training which will make it the bearer of a racial spirit and soul is it a racial man.

the body becomes consciously racialized and capable of being the value generator and fulfiller of the racial spirit and soul. The method of training that educates the body here can only be a method of self-training, a dynamic method, a method that leads to conscious racialization: racial gymnastics.

Experiencing the dynamics of the universe, your own spirit, your own soul and your own body and consciously enhancing this experience and its effects is called a racy
spirit, a racy soul and a racy body. -

In experiencing, in consciously receiving life, the body is the receiver, in acting out the experience, the will, it is consciously the transmitter of dynamic values. How the body places itself in the dynamic world, which movements it performs, with which words it makes itself vibrate, then determines the type and effect of receiving and sending.

Basic features of racial gymnastics

The forms of life and experience in the dynamic world are as follows:

The directions in the dynamic world are equal to the spiritual! -

The movements are equal to the soul!

The natural oscillations are the body! -

Or in other words, in practical application:

If we place our body, our limbs, in particular directions, we align ourselves with the spiritual values of the universe and of life.

When we perform certain movements with our body, we are in tune with the spiritual values of the universe and of life.

If we bring our body into vibration by murmuring, speaking, singing, shouting, screaming, we are in tune with the physical values of the universe and the environment.

If we consciously combine all this, we become racy in spirit, soul and body.----------------------

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The curiae as a guide to the Mfrassung

The path to racialization, the path to a conscious human being, spiritually, mentally and physically, must have been consciously taken earlier. It must have left traces, evidence, after-effects. We recognize these after-effects in the old wise laws of the old order, in the remnants of the old Germanic knowledge of God from which all religions and churches and arts live today, we recognize these after-effects physically in the racial man of today
"and - we are still in possession of the formulas, the scripture, in which, at that time in the racial age, the wet ones represented, gained, secured and repeatedly experienced the values of the dynamic world and the way to becoming aware of the dynamic values of this world and thus the way to racialization. -

This series of formulas, the signs of the dynamic world, its values and the path to raciness is the series of Germanic runes. -

In the Germanic runes we have all the signs of the values of the dynamic world before us.

The Germanic runes are dynamic signs:

1. Signs of polarity
2. Signs of direction
   and tension
3. Signs of movement and the exchange of tension
4. Signs of persistence, of materialization and dematerialization.

The Germanic runes are, since man himself is the result and essence of the dynamic world,

1. the pictorial writing of the state, the shaping of the body,
2. the figurative writing of the direction of the body,
3. the pictorial writing of the body's movements,
4. the pictorial writing of the body's natural vibration in a certain position of the human body.

So the runes are the signs of racial gymnastics, the runic gymnastics is racial gymnastics!

The path to the massiveness of the individual and of humanity goes via the runes, i .e. via their application for the purpose of understanding! -

flufrassung and higher development can only be achieved through the body.

This conception must begin with the body, must grasp the soul through the body, must fulfill the spirit through the soul, until the racial polarity of man and peoples is achieved.

There is no other way than through the body!
Every development begins by training the body first!

The form of materialization that the dynamic world created for us as a body must be perceived and penetrated with our clear consciousness, with our sense of self, before we can proceed further.

All paths that want to influence the soul first, or the spirit first, lead to delusion and into clericalism.

In the dynamic world, the first process is polarization. The second is direction and voltage. The third is movement, flow and voltage transmission. The fourth is the inhibition of movement and flow: dematerialization.

From the bottom up, out of materialization, the path to the height of raciness and consciousness is prescribed for us. We cannot skip any level. We must begin with the body, in the materialization level!

The human being who ignorantly and persistently exposes himself to the materializing urge of the dynamic world becomes stony. He becomes matter, he becomes part of the mass of brute men if he does not work against the materializing urge of the dynamic forces of the universe. He becomes an obstacle for all racialized, conscious people. He becomes part of the masses that are placed in the way of the people pushing towards spiritualization. In the long run he becomes ill and frail before his time. As the body petrifies, so does the sensibility and thinking dies. - The body petrifies due to lack of movement. The blood and lymphatic flows come to a standstill. The human being, who has become a self-inhibition of dynamic forces, sinks prematurely into the grave. He was already dead before his death, dead in spirit and soul.

The method of racial gymnastics

is, in brief, the following:

1. The person grasps his whole body through sound (speaking runic words) and sound vibrations while tensing his muscles.

Effect: He comes to full awareness of his body and learns to control his body, to make it efficient and resistant. He organizes his feelings and thoughts and clarifies his consciousness.

2. The human being grasps his body through sound and sound vibrations and either absorbs tensions from the environment that serve him through certain movements or releases absorbed tensions through certain movements.

Effect: In this way, the person gains control over his soul and chooses his own spiritual nourishment, the spiritual influences that are favorable to him. He is able to trigger further positive psychological effects in his environment or to cast off any psychological inferiority that still clings to him.

3. Through sound and tone vibrations of a certain kind and in a certain direction, the human being perceives the taut body in a certain way and, with changing movements in a certain way, certain selected cosmic radiations and fields of tension.

Effect: As a result, the human being becomes more and more capable of consciously procreating racial offspring and of intervening in an orderly and supportive manner in all aspects of life. In his value, the human being, now physically, mentally and spiritually conscious and racial, matures towards purification with the racial spirit. -

This highest level of development, which also ensures rebirth, can be achieved by anyone who constantly invests in progressing in a calm and steady line, practicing the racial gymnastics, the runic gymnastics of our high racial ancestors. The meaning of a real world order is that the economy and politics are such that the path to the highest level of fitness and consciousness is kept open and free for every human being. The more people practise runic exercises, the more this order will be introduced into the economy and politics, the more the Kiermensch and his followers will be pushed back and overcome, the more the racial order will secure salvation for the earth and humanity.

Beautiful ideal dreams will not bring humanity and the world to development. Development will and can only be secured if the individual, if more and more individuals, if every single nation, if humanity itself takes its own development into its own hands. The path of development that must be observed and practiced daily is racial gymnastics.

The fact that this racial gymnastics is based and must be based on the hereditary good of the race, on the Germanic runes, is self-evident to anyone who feels and thinks clearly and outside the box. Even those who call themselves "racial Iudes", "racial Mongols", "racial Reger", "racial Indians", know that the racial gymnastics of the Teutons must bring the Germanic race the just victory, the status that belongs to the Germanic race in the world, in all living areas of the Teutons and Aryans, in schools and sports halls, as well as in factories and cult rooms, introduced and carried out outdoors.

The Ar-foundation of all culture: the sprightliness and the Ar-foundation of all culture: the runic script, these two values are united today in the field of vision - of mankind.

Redemption from the animal through conscious absorption of the values of the dynamic world (directional value, rays and waves from heaven and earth) by means of certain bodily positions, movements and applications of sound and tone, is the path to resilience, marked out in the Germanic runes. This is the great, the liberating, the self-evident, which today approaches every individual, every nation and every government.

Let those who want to or think they have to reject it, racial gymnastics will win, but runic gymnastics will!

And you?

I wrote this book for you, the reader of these pages.

It is you who is at stake, it is you whose success in life and being is at stake. It is you, Germanic race, in the hour that decides whether you are or are not.

Catch the forces of heaven and earth with your hands, suck them into your body so that you yourself become clear, conscious, racy. - As a receiver of the waves and rays of the dynamic world, rouse yourself, become conscious! - As a transmitter of healing waves and rays, organize the world!

Follow the path I showed you, take the weapon I gave you! Love the runes of your ancestors every day! Turn your red with it! Eliminate your dullness and your shame! Use the power imparted to you by the runic teachings for salvation!

Rimm the weapon that God gives you, finally gives you! Love daily! Use it for salvation!

See: some of the best of the German people are already working on the victory of the dynamic world view in this sense. All genuine scientists and researchers are unintentionally working today on the victory of this dynamic world view and its goal. Even the enemies of this world view are working on the victory of this dynamic world view today, and if they do not want to, we will force them to do their best through the power of our runic broadcasts.

You, brother and you, sister! We live in a delicious, noble time. Heaven has opened up again and gives strength and knowledge to the willing, the willing. You were allowed to experience this! You are allowed to experience that the old word of an old knowing endurance comes true:

When people stretch out their arms and hands to the heavens again and draw knowledge and strength from there, things will get better!

You brother and you sister! You can not only get knowledge and strength and uplifting radiations and waves from heaven, you can also radiate your knowledge, your will, your striving for a goal, send it out, let it work around you wherever and wherever you want, according to the measure of your strength and your experience.

By drawing in and sending out the rune powers, you become the ruler of fate and adversity. This is how you master life, developing yourself and your surroundings step by step.

You have your own body, even if you were a daily beaten slave. Millions of enslaved brothers and sisters just like you have their own body. Even the so-called "mighty of this earth" only have their own bodies. No more than you, no, often even less, because these "mighty ones of the earth" are mentally, often also physically, at least racially, crippled and mutilated throughout. Only through a sophisticated system of exploitation, oppression and reassurance do they rule over
!the people, incite them against each other and drive them into droves.

These hyenas of humanity are physically outnumbered, mentally inferior, cowardly in nature and insane in will.

You oppose these few intellectual beasts with your power of transmission. Thousands do it with you, thousands stand against one. And your weapon is your body, your knowledge of the radiant powers of the heavens, the earth, your own body and the nuns of your borders now applied daily in the rediscovered exercises of wet gymnastics!

Without money and payment, expecting or demanding, without "Honor" before the people, without violence before the people, without titles, without being "Hochwohlgeboren", pursuing our work every day, the Germanic community of blood, and backbone, sober facts, clear thinking, seeking ways, warm-hearted help, uninfluenced advice, rejecting enthusiasm, not idolizing ourselves, living frugally and modestly, avoiding renunciation of the world, settling disputes, putting enemies aside until they show understanding, Spreading enlightenment, promoting racial concerns, wanting new people, new fours, the Germanic racial, the Germanic dynamic, the new, the runic age, that is our task, our religion, our development and our happiness, the guarantee of victory!---------------------

Now we murmur!

Runes we know - runes
fulfill us - runes we
practice - runes we
whisper!
We send runic power!

Help the weak! Healing for
the sick! Salvation to the
endangered! Courage to
the desperate!
Deliverance to the bound!

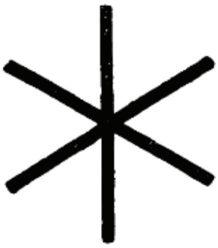
Play chess with the
seduced! Leadership to
the deceived! Light to the
blinded!
Promote the benevolent! Order for
mankind!

We run out of love - We
send out of love - We
help out of love - Those of
good will
Stand by us, runes like us.

The above essay was written by me in 1829 during my studies in Sweden and revised again in 1930 while I was living in Denmark. The essay was therefore written before the national upheaval in Germany. Today we need only add the words: We hope that, step by step and forever, an end will now be put to the beast-man man, his methods of stupefying, weeding out and de-railing. A new order that fulfills this hope will have the unreserved support of those who practice the runes. Daily and nightly, our runic prayer, our runic transmission will strengthen all impulses that clearly and soberly strive for the dawning and continuation of a development and order in a contemporary Germanic sense.

Stuttgart, January 30, 1935.

Friedrich BernhardMarby.



Cusnordation by Marby-Lrunen-GymnaM

I know that the title of this essay says a lot and stirs up a hornet's nest here and there.

But why should I write and say the same thing over and over again about racial research and opinion, the same thing that I kept silent about 14 years ago, when 99 percent of today's racial speakers and writers were afraid of the Jews and pastors or had no idea about race at all.

It is now the task of others to say and write what I once did. Today, again looking ahead, it is important to speak of genetic improvement in addition to genetic preservation.

Because I am one of the few pioneers in the breeding of breeds and in all the long years in which others still did not concern themselves with the study of breeds, much less with the breeding of breeds, I continued to plow through the field at my own expense, it is probably clear to halfway educated Europeans that I have a picture of genetic material, genetic preservation and genetic improvement (the latter has recently become a subject of discussion) that is ahead of the general view.

"scientifically" disputed by newcomers), about the effect of radiation from the environment (we still know nothing about this scientifically) and, among other things, about certain inheritance paths of good or bad genetic material.

Breed rearing, or as we say, standardization, must be based on two principles:

1. Preservation of racial values, i.e. preservation of good hereditary values in the living and their descendants.

2. Raising or bringing forth, attainment of higher race, in (the living and) the progeny.

Today's wetland researchers (who are mostly transcribers) have not even thought about what is in brackets under 2. !

The raising or re-normalization of the living is of course equivalent to an improvement of the hereditary material or preference and main development of the good hereditary material in the living - and thus of course also gives more prospects for a higher quality procreation and reproduction that can already be determined today. -

It is not the task of these lines to deal with the conditions that are harmful to the genetic material and prevent the breeding of the race. It is not the task of these lines to deal with habits of life and schools of thought to which, among other things, the capitalist predatory economy and every religion alien to the species absolutely belong. It is more important that we first of all look out for what or by what means our Germanic ancestors achieved the high Nordic racialism' - and here we must be able to evaluate sober facts.

On a purely superficial level, what are the characteristics of the Nordic race?

The answer is: poise, great ability to take charge, firmness, free courage, free sense, sharpness of mind, creative power, inventiveness, intuition, strong spiritual sensitivity, conscientiousness, sense of justice, innate far-reaching vision of God, honesty, sense of responsibility, and similar qualities.

The following physical characteristics are given (although certainly not predominantly decisive): Height around 1.75 meters, long head, light hair, light skin, harmonious muscle and physique.

But we know:

I. that very few Germanic peoples (not even in Scandinavia!) correspond to this ideal type of physical image;

2. that the representatives of the so-called ideal type do not always correspond to the mental and spiritual ideal type.

I have also noticed that the so-called Nordic ideal types, as they have been presented in books on racial studies up to now received, astrologically almost all as astrological types of Mars! - But let's talk about that in more detail another time.

For the time being, we will leave the whole question of the validity of the so-called ideal race type untouched.

For the time being, then, we recognize the ideal type presented to us in racial studies as one of the ger manic types that are valuable.

The high growth indicates that certain glands are working well, which in turn can also ensure a certain mental improvement. -

The long skull indicates, among other things, the development of certain parts of the brain that can favor single-mindedness, ideal direction of mind, natural freedom from God, etc. -*

The light hair indicates, among other things, the ability to absorb certain short-wave thought and environmental waves. -

The light skin indicates, among other things, a certain ratio of between the workings of the liver, bile, internal membranes and nerves and glands and thus also from a certain body radiation that may be present. -

The light eyes indicate, or at least can indicate, a good, uniform functioning of the sympathetic nervous system, low exposure of the body to cell toxins, few metabolic deposits, good electrical tension of the nervous system and good absorption of environmental forces.

I'll be brief on purpose.

But if we recognize all these external signs and their possible connection with certain dispositions, effects and conditions, which are partly hereditary, partly due to the way of life and thinking, partly due to other origins, causes and influences, then we must use a method which works in such a way that people who have not had the external signs of the so-called Nordic ideal type so far, now become similar to the Nordic ideal type during their lifetime, retrospectively or again, as a way to up-normalization, perhaps also as the original formers. designers of the Nordic Ras en. - Either external characteristics apply (even if only to a certain extent) or they do not apply at all.

Is there such a method of recording today? - Let's read on!

About 20 years ago, I rediscovered the old Nordic gymnastics, the runic gymnastics, and experimented, developed and tested it. I knew what it was all about right from the start. I spent five years in the Scandinavian countries to carry out further studies, which, however, could not change the basic principles.

The successes of Marbh rune gymnastics are many and varied in all areas, and this cannot be otherwise, because this is the scientifically clearly verifiable method that improves and ennobles all areas of life and being.

Among other things, notarially provable facts about
3,500 (!) successes through Marby rune gymnastics reported in writing in around one year alone.

The total number of successes of this gymnastics is not overestimated at around 20,000.

Today we will take a look at what the "Marbh-Rune" gymnastics, as the only method of straightening up, achieves in those living today, i.e. in the body that has already been conceived and born, i.e. through runogymnastic exercises. Here Lat-
things, written reports from the givers. And these are authoritative.

It writes (letters are transposed!):

K. R. in B. October 24, 1932, No. 101 A. Age: 33 years: Since I have been doing Nunen exercises, my blood has become so detoxified and purified that the yellowish skin color has disappeared more and more and has now given way to a very healthy skin color, which I am very happy about. As I wrote to you the other day, I have now noticed again that my wife's blonde hair has indeed become lighter without any bleaching agent being used.

Miss W. H. in E. 3rd Harvest 1932. age: 34 years: Otherwise the results of the Nunen exercises are the same as in the Runenzeitung: hair becomes curly, blonder, upright gait.

D. H. in N. October 24, 1932 No. 142 A. Age: 25 years: It also seems to me as if my sparse hair growth wanted to renew itself. There has been a change in the color of my eyes, which now have a blue ring 1 millimeter wide.

M. P. in G. November 16, 1932. no. 161 A. Age 38 years: A bald spot on the back of the head (circular hair-loss) has no longer been visible for some time. The eyes become clearer and bluer.

Mrs. H. E. in K. February 1, 1933. Är. 259 A. Age: 41 years old: My iris in my eye (brown) seems to be gradually dissolving. At first I thought it was white flakes, but now I see that the iris is translucent in various places without any color. - My hair has also become much lighter. I have grown about five centimeters in half a year, so I will also grow internally through runic power.

R. A. in R. March 3, 1933. age: 43 years: My skull has been changing a lot lately. Some days my cranial sutures hurt and I can observe the changes very well.

D. S. in K. December 28, 1931: Age 40 years: Rach–
I've been doing the exercises for about 14 leagues, I feel as if fresh blood is running through my veins.

Other of the many reports bear the following numbers:
5b, 71b, 80b, 84b, 89b, 101b, 102b, 108b, 110b,121b, 122b
128b, 134b, 155b, 168b, 171b, 180b, 208b, 232b, 238b 254b
256b, 272b, 283b, 298b, 299b, 306b, 318b, 324b, 376b, 395b
400b, 414b, 433b, 464b, 537b, 583b 608b, 740b,740b, 745b
764b, 789b, 1005b, 1042b, 1066b, 1072b, 1134b, 1246b, 1254b.

That's around 50 reports relating to our topic.
But there are many more!

The number of reports consulted is completely sufficient to prove the educational effect of the Marby rune gymnastics.

Run to the letters brought here verbatim. They all report on a transformation of the body in the direction of re-normalization. - The method of re-normalization on living human beings, on people who are today fit to conceive or give birth to racial children, has been found. available in the Marby runes gymnastics! - The Marby rune gymnastics is therefore racial gymnastics! -

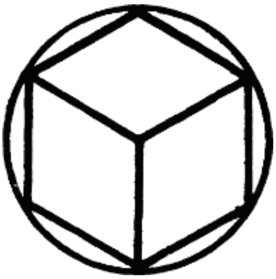
This fact is the great thing, is the decisive path in the educational movement. This cannot be shaken.

Parents can get themselves in shape in order to have racy children later on. The genetic make-up is a changeable value, a value that can be improved, that can be straightened out through Marby rune gymnastics!

Unprejudiced, honestly responsible, real Ras

The simple exercises of the Marby rune gymnastics and the Marby rune gymnastics make it possible for people and circles striving to cultivate and improve themselves and their descendants as well as for the people.
recommend this uplifting gymnastics everywhere.

This is a method that does not harm anyone and does not cost the practitioners or the state any money. Money and goods, conceptual possibilities and judgments, class prejudices and class prerogatives no longer play a role here, but instead it is about the simplest and most practicable and probably also original way to the one and only high and close, genuine and healthy Nordic nonchalance. *)



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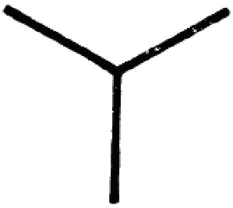
*) This essay appeared in No. 63 of the "Neudeutsche Lei tung vvm February 15, 1934.



(Witness salvation!)

Omission is a matter for all the people

Does sport serve the purpose of omission?

In Sweden, the sport is still called "Idrott" in reference to the overall name of the Nunen exercises, which were still called "Idrott" and "Runor-Idrott" around the 1960s. The Swedish queen still goes by the name "Drottning" today, a name that refers to the royal dignity that was once bestowed on the best rune practitioners. Today the sport, which no longer has anything to do with nunen exercises, is also called "Idrott" in Sweden.

If we read cultural history correctly, the cultural history of Greece records "grammar schools" as an echo of the Germanic Nunen training schools and institutions. These were the schools of the so-called classical and pre-classical period and were based on physical and intellectual exercises. All knowledge was imparted to the pupil at the same time as the corresponding physical exercises, thus imparting it to flesh and blood, not only to the brain but to the whole body.

The relationships that existed between certain areas of sensation, certain spiritual values and certain bodily postures and movements in accordance with the nature of the dynamic world made up of rays and waves had not yet been forgotten.

When these were forgotten, the "philosophers" stepped in who put forward their theories and gave "knowledge" that was taught but no longer lived.

The Olympic Games, an echo of the Runic Games, which only took place every four years, also became more and more boring.

In what are now the Italian territories of the Germanic tribes, the the arena with the short sword man against man, or against wild animals, the spectacle of the people. The bullfights in Spain are the same.

In addition to the flattening out of the runic exercises and their replacement by bloodthirsty, nerve-wracking "folk plays", the "initiation" teachings of the mystical systems and societies, mixed with superstitious theories and mysterious fuss that no longer made sense to anyone, took the place of the exciting Nunen exercises in the "initiate" schools of the Middle Sea countries. Peoples who had been deprived of their blood and were riddled with lier blood were no longer able to recognize the simple path to enlightenment and higher development, let alone want to take it.

One of these mystical societies developed into also the Christian church.

With the forgetting and decay of the Nunen-Uebungs- Lechnik, with the forgetting of the Aufrassungs-Gymnastik, the decline of culture in all its areas was the inevitable consequence. No racializing method could now counteract the disenfranchisement of the peoples. Forgotten was what had previously ensured the massiveness of the Germanic peoples in the south, forgotten was the way that could racialize the inferior, gutted blood.

In the creeping decline, the bastards living in the country now became a great danger. Estates and castes formed. They can only be found where mixed races fought for power. Tyrants arose and crushed the peoples who had slipped from their grasp into blind masses. The "divine honors" became dependent on money, property and power and were an expression of this power.

Over time, however, it turned out that this power and this "divinity" of the tyrants could not be maintained without the cooperation of the so-called initiate associations that captivated the minds. With the support of the political rulers, the Mish sect of the Christians became the most authoritative of the mystical orders. At the same time, it was ordered to suppress all other mystical orders.

societies. The Christian sect, which had become a state church, thus became the sole ruler and, as we know, advanced against Central and Northern Europe with the support of Franco-Roman rulers, subjecting everything to the cross and the sword, draining everything, making everything subject to taxes.

One of the main tasks of the Nomkirche was now to keep the Germanic people away from the exercises of racial gymnastics, and even to bring the knowledge of the runes and the runic exercises into oblivion in Central and Northern Europe.

This happened more and more.

The Rome-Judaic circles enjoyed great success when they succeeded in imposing themselves on the Germanic building lodges and gaining control of their leadership. This is how the Masonic orders came into being, whose "tradition" today, significantly, goes back to "King Solomon". This is an admission that on the one hand these orders, like the orders of the Mediterranean countries, know nothing and that on the other hand the Masonic orders are international secret societies that serve Jewish goals of world domination.

Over time, the Church of Rome became more and more ruthless in its approach to the exercise and health customs, traditions, games and facilities that still stemmed from the educational institutions of the Germanic tribes. All physical exercise, all personal hygiene was considered "godless" and "sinful". Dress codes were issued to keep the body away from light and air. According to the Church of Rome, the "salvation of the soul" required the neglect, even mortification, of the body.

Waves of epidemics on the largest scale were the result of the Rome Church's policy of destroying the people. The Black Death, which was forced upon souls, was followed by the Black Death, which decimated the population of Christian countries.

The custom and the knowledge of the necessity of certain physical exercises (tournaments and hunting) was preserved, preferably until the Middle Ages, by the knights, often criticized by the church.

It was only when the sovereigns, who had become independent, raised standing armies that the people were once again introduced to systematic physical exercise. Yes, even more so:

The soldier's posture, movement and grip were, without the people being aware of it, the old system of of the runic training technique was followed.

This was the broad outline of the course of development up to the time when Ludwig Zahn initiated the great exercise movement that encompassed the whole nation - gymnastics. Even if Zahn had to flee from the reactionary powers in his country for a time, he was and remained the "father of gymnastics", the one who consciously and with the greatest success brought the German people and all nations after him to pay the greatest attention to healthy physical exercises again and to carry them out and develop them to the fullest extent.

The Germanic world owes a great deal to the father of gymnastics, Zahn. He was the one who broke the ice by fully committing himself to systematic physical exercise and paved the way for the idea of gymnastics and sport.

As a result, gymnastics became a school subject, as did more and more sports exercises. Gymnastics and sport were also introduced in the national army and the police force.

Outside of these compulsory facilities, gymnastics and sports are undertaken by members of gymnastics and sports clubs. For the time being, joining gymnastics and sports clubs and keeping to the exercise times is not yet compulsory for the people's comrades.

And yet gymnastics and sport can only have their full effect as a way of promoting health and fitness if gymnastics and sport become compulsory for every member of the nation.

At the same time, it is important to combat the nonsense that is spreading more and more as a "sports business" and make it impossible.

As much as major competitions can draw the people's attention to the possibility of achieving high levels of performance, the tens of thousands of spectators who attend the competitions do not become athletically fit or improve their health by watching them.

The success for public health and the training of the people is very low with the current method of putting out the "big guns".

Sport has become a business. The professional sportsman, who, if he becomes "champion", pockets hundreds of thousands, if he doesn't, the managers, the press and film shareholders have always pushed the people's sporting activities into channels that are detrimental to the people's fitness. The people forget about the sporting cannon hype, that they should first and foremost train themselves.

From time immemorial, the hiking movement, skiing, gymnastics and all those physical exercises that allow the individual to be active among the people have done much more for the people's fitness.

As much as we welcome the various types of physical exercise and sports, and as much as we know that, in addition to promoting health (if practiced sensibly), they are also able to promote the interaction of certain mental and intellectual abilities, the question is much closer to us:

Is the perception of the physical exercises known to date and sporting activities possible?

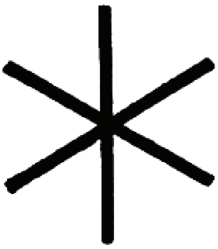
We have to answer this question in the negative.

Any member of the people can practise rune exercises several times a day without much trouble. Five to ten minutes in the morning and five to ten minutes in the evening are enough if you have practiced regularly for a long time over a few weeks. No special expensive apparatus or equipment is required. Although practicing outdoors and in specially designed areas increases success, practicing indoors has also been proven to be very successful.

Rune practitioners will never be crude, but will be firm in character, clearly feeling and willing, ambitious and diligent, calm and determined. Rune practitioners are healthy in body and soul, help themselves and others, develop more and more a clear conscious mass physically, mentally and spiritually.

The essence of mental exercises, as we find it characterized on pages 35-39 of this book, is not matched by any kind of physical exercise, any kind of sport, even by of your type of so-called gymnastics. Furthermore, neither the absorption of radiation and tension nor the release and transformation of tension is regulated by the known gymnastics and sports methods. With great effort, all physical exercises and all sports achieve very little compared to the results of racial gymnastics. No physical exercise achieves so much and so unerringly the recovery and the physical, mental and spiritual training as a single rune exercise, a single exercise of the method of racial gymnastics.

That is why racial gymnastics is the method of education for the people who are racing,which all superior training method and the educational method of the near present and the future.



The naturopathic movement came from the people and must remain with them - the fiusrassungsvewegung too!

hen, towards the end of the last century, misguided medical circles with their one-sided theories severely damaged the health of the people, it was "lay" doctors, healers, endurers, shepherds and pastors who initiated a healing movement. Contrary to the convulsive efforts of doctors fearing for their income, the reform healing movement began everywhere. The natural factors of health and healing were first brought back into the focus of the masses by lay people, and later also by progressive physicians, and if epidemics could no longer rage but died out, this was the success of the self-healing movement supported by the people and the natural way of life once again observed by the people.

Similarly, the good state of health of the army during the last world war (in contrast to the state of health of the army during the war of 1870/71) was the result of the people's self-education and self-knowledge in the direction of the natural way of life and healing. In this way, the people and the state reaped the rewards of a healthy behavior that the people had practiced in the years before the last world war. When all kinds of injections were forcibly administered behind the front against all possible and impossible epidemics, when even front-line fighters were half defenceless in battle because their state of health was temporarily reduced as a result of the injections - most front-line fighters were aware that these, The chemical industry made a lot of money from the injections administered to them. And since the matter was ordered from above, it was carried out. But whoever could shirk it did so.

The fact that every healthy movement must come from the people and must be supported by the people is also demonstrated by the temperance movement, which spread more and more among the German people at the turn of the century, despite the resistance of alcoholic capital.

While in the 1980s and 1990s the drunk was still considered a hero, this changed at the turn of the century and it was the workers' unions in particular whose educational work put an end to the habitual drunkenness.

As in the area of combating alcohol abuse, it was the lower, working classes of the people who helped themselves. And workers' associations were the first to set up recreational gardens, air and sun baths.

It was also men and women of the people who first pointed out the value of racial heritage and advocated racial upbringing. However, in the workers' movement, which increasingly came under Jewish leadership through the fault of the bourgeoisie, they did not rise to the top, just as the church opposed racial feeling and thinking in the circles of centrist workers.

Thus, in contrast to the masses, which were increasingly led by the Jews, and in contrast to the sections of the people led by the Roman Catholic Church, the Volkish movement emerged from the people as the movement that above all cultivated and spread the interests of the people and their ideas, and out of this Volkish movement grew the National Socialist movement in Germany after the World War, whose leader, a man of the people, when he came to power, elevated the views of the German people to a state necessity.

All of a sudden, not only the natural way of life and healing, but also the racial question, came into the field of vision of the medical profession of all peoples, which had hitherto been for the most part dismissive, even arrogantly dismissive. But this did not and does not mean that the medical profession everywhere in all peoples is now insightfully and truly active in favor of the natural way of life and healing and for the idea of race. If this were the case, many things would already be different, at least in Germany. Even the medical profession has had to be warned at a high level to give up its resistance to the spirit of the new age in these areas, which concern the whole nation and not just the medical profession and chemical capital.

The German government's program, which is also highly regarded in other countries and is sure to catch on in all countries of the white race over time, aims first and foremost to limit inferior offspring and, if possible, prevent them from emerging.

Further measures are aimed at and have already achieved an increase in the birth rate and a further emphasis on the value of physical exercise.

In addition, now that proof of Aryan descent is required for civil servants and members of vigilante groups, the value of descent, the value of a good family tree, is also to be highlighted.

When a family tree is drawn up, however, it becomes clear to the thinking person how much the authenticity of the family tree and the success of the entire race movement is the concern and concern of the whole people, especially where the eye of the public and the authorities does not penetrate.

Because the authenticity of a family tree is decided by the women of the people. --

The success of any government's efforts to improve the environment is always determined by the thinking and the will of the people concerned, just as the people themselves decide on the application of natural healing methods and the maintenance of a healthy, sensible way of life.

It would therefore be necessary to put all the physical, mental and spiritual values present in the people everywhere at the service of the movement of enlightenment. A genuine, fruitful movement can never take hold of a people from above, but must be led from below. It is therefore important that all those men and women of the people who have an eye and a sense for racial values and for the goal of the conception educate the people through lectures in smaller and larger circles about the value, path and goal of the movement. -

It is also a fact, and the course of events in the naturopathic movement has proven this, that the people will listen to the academics if they have to, but will follow the layman who knows how to speak popularly and from experience. All theories leave the people cold. The people want to see results and can best notice and judge results when they recognize and experience the essence, path, goal and success from the bottom up, thinking, talking and experiencing it themselves.

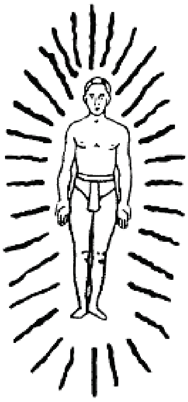
Breed breeding is not a matter for doctors, but for the people. Even successful animal and plant breeders are usually not academics, but practitioners who have learned from experience.

All the more important, however, is the co-determining effect of each individual among the people when it comes to the attitude of the people living today, because they must make this adjustment themselves. He can do this through racial gymnastics, runic gymnastics. If the thought of the possibility of a personal conception is brought home to him in an understandable and familiar way, he will follow it.

The goal of education also requires, it should be emphasized, appropriate support through living and working conditions conducive to education. And in addition, the development of educational areas, educational gardens, training grounds for educational gymnastics is also necessary in order to achieve even more maturing and lasting results.

All these paths of enlightenment, ways of organization and institutions, however, require the full conscious, self-rehearsing, lively, self-responsible cooperation of the whole people, and as much as the cooperation of blood-worthy, selfless academic circles is desirable, the free cooperation and full self-involvement of the whole people in all strata is predominantly important.

Education is a matter and a task for the whole people. Reconciliation is possible at no cost to the people and the state through a racial gymnastics, through runic gymnastics.



Breed is health

Good genetic material excludes predisposition to diseases and provides resistance to diseases and epidemics.

If the genetic make-up of a colony is improved, its state of health and its ability to resist disease and illness improves. A colony that is growing up becomes visibly healthier, a colony that is growing up is healthy.

One way to improve the genetic make-up of a people is to allow only people with good genetic make-up to reproduce.

The second way is described below:

Let's take an example:

One of the people inherits property from his parents; he manages it wisely, he preserves it, he increases it. But his brother does not handle fine inheritance properly; he loses it.

Another fellow countryman inherits nothing of his parents' property. But he strives forward and achieves prosperity. He replaces lack with possession. He achieves this in ways that secure the goal. His method of fighting can be honest, in that he is industrious, lives frugally, seizes opportunities honestly and develops his abilities and strengths - his method of fighting can also be dishonest, in that he takes advantage, engages in bribery, belittles his competitors, slanders them, eliminates them by vile means and fails or even refuses to further his own professional training.

It is certain that the honest person is always the one who works for himself, who works on himself and in his profession, who does not seek laws to his own advantage and to the disadvantage of others, who does not found or abuse economic and political organizations in order to gain and secure advantages for himself and his class at the expense of others.

Just as a person can honestly improve his material situation with the use of his own person and all his strength, a person can also honestly improve his genetic material with the use of all his individual values through racial gymnastics, through Nunen gymnastics.

At the same time as improving the genetic material, the aspirant achieves the following:

1. A clearer feeling;
2. sharper thinking;
3. a more purposeful will;
4. better health;
5. the ability to sire children with good genetic material, provided that the mother of these children also possessed or acquired good genetic material.

If the two paths of education discussed here are generally followed, the entire national community will undoubtedly achieve a better state of health in addition to education.

The first way improves the general level of health.
The second way improves the personal and general state of health by improving the innate genetic makeup during a person's lifetime.

A people that heals itself in these two ways heals itself. A people that has healed itself therefore no longer needs the army of doctors and naturopaths, the millions of medicines, injections and serums, the many hospitals, the many sanatoriums and all the healing methods - at most it needs maternity homes, children's homes, institutions for the operation and treatment of the injured and old people's homes, and within them the nursing staff, including a few doctors. These few doctors, these nursing staff should be of high caliber, should themselves practice Nunen gymnastics on a daily basis, in order to develop noble helpfulness, clarity and a sense of responsibility.

The essence of health is harmonious radiation in excess. - For the essence of health is harmonious radiation in excess. The essence of illness however is disharmonious radiation and lack of radiation. -

The incipient abandonment of the peoples is thus associated with a complete upheaval of the profession of physicians working for remuneration, of alternative practitioners and of the extremely well-funded and influential medical products industry.

In order to achieve awareness and to remove the obstacles to awareness created by vested interests, the entire medical industry must be nationalized as soon as the policy of awareness begins in the states, all the more so as it is the tool of the southern beastmen who, through the large corporations of the "remedy" industry systematically de-race and poison the Germanic peoples and demoralize the idea of public health and its representatives with their dividends and the system of therapies.

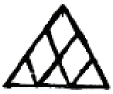
At the same time, the states must reorganize the status of asylum seekers and wedge practitioners. Access must be restricted. Doctors and alternative practitioners and all those people who are capable of informing and teaching the people about racialized methods and ways must be given equal rights and duties. and duties as lecturers, teachers and educators.

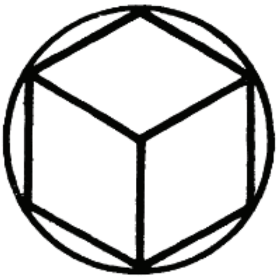
Until the complete understanding of the peoples has been achieved, only non-toxic natural remedies, their production and application, are to be permitted as remedies. In addition, the stimulating healing methods: Homeopathy, biochemistry, naturopathy and other low-cost and quick and effective healing methods may still be used alone.

All resistance, and all attempts at ambivalence and influence, which are set against the educational movement and the educational paths and methods by remedy industry groups, doctors and healers, must be broken in order to finally and in the shortest possible time achieve and secure the education of the peoples and thus the existence of those states which have written or will write educational politics on their banner.

The perception of the peoples, the life of the race and the development of the race and humanity is more important than the dividends of the healing industry and more important than the advantages of the profession of physicians and alternative practitioners in the countries of the Germanic race. The interest groups that have come to power in a time of exploitation and the snuffing out of the peoples must and will disappear when the methods of racialization, when racial gymnastics, with the perception of the peoples, naturally and consequently ensures the health of the peoples for ever. -

Class advantages must be sacrificed on the altar of opinion!





The masses - the individual

The maintenance and care of health conditions for the masses of people also has a favorable effect on the individual, but if the individual lives irrationally, he harms the general health and his own health.

On the other hand, the individual can influence and improve the health of the masses through individual health care, through his own success, example and teaching others far beyond the scope of his own person.

It is in the interest of public health to allow such successful self-healers and self-healers to work uninhibitedly among the people. They are people of practice and success in themselves and as such they are most valuable for public health, more valuable than a profession that lives off the people's illness.

The bearers of public health, that is certain, must be the masses of the peoples, the individuals who work tirelessly on themselves.

General public health is based on the health of individual members of the population. What the individual does to stay healthy, to become healthy, determines the state of public health.

The situation is the same in the education movement.

One must carry the idea of the importance of education to the masses of the people, one must establish an education service that acts on the masses, but the

Individuals decide whether or not there is an uprising of peoples.

What people do when they are alone or in pairs will determine the opinions of nations for thousands of years to come. -

What the individual human being achieves and accomplishes in himself, with his own body, on his own body, is what determines the face of the race today and for millennia to come. -

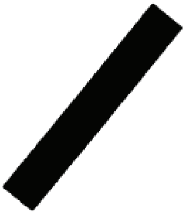
The individual can only make up his own mind during his lifetime. Step by step, he must work his way up to his own conception through racial gymnastics.

Thus he, the individual, becomes racial and, as a racial person, valuable for the community of peoples, for the racial movement, as the bearer and effector and producer of racial offspring. Thus he, the individual, through racial gymnastics, by means of which, working on himself, he becomes the one who is the core, success and safeguard of the racial movement.

States that have written the exclusion of their peoples on their banner therefore have in the individuals who cultivate and practice racial gymnastics the bearers and guarantors of the success of their racialization policy, and if many individuals, if all individuals of the masses work on themselves, through runic exercises, through the frictions of racial gymnastics; even more and more.

It is true that education in racial matters, carried out by men of practice, can shake up the people and make them open to the idea of race.

Above the individual, however, the conception must and will replace the family, above the family the clan and above the clan the whole people, namely through the exercises of racial gymnastics, through the runic exercises of our racial ancestors. -



(I'll unlock it!)

An (Sources of life and massiveness

The best fiusrassing bed on earth

Of all living creatures, man is the only one that can live in all countries and latitudes on earth.

Even if man knows how to protect himself against harmful living conditions more than any animal, the above fact seems all the more astonishing because man performs much more physical and mental work than any other creature in the animal world.

The reason for man's ability to adapt, work, think and have sexual power, as well as his ability to develop, lies in the fact that man has a cosmic power source at his disposal that is partially or completely closed to every animal.

This source of power is open to humans through their upright posture in an alert state. This posture enables him to absorb rays and waves that are more or less inaccessible to any animal, or can only be reached indirectly.

The body is the antenna. - The body direction
is the key direction.

In the dynamic world, direction plays a fundamental role. If we look at the bodies of all living beings from the point of view of the dynamic concept, we see that we know that every body is like a combination of the finest working radiation and wave-receiving apparatuses. We also see that every organically coupled body emphasizes a certain direction in its construction and that in this direction a most strongly developed radiation and wave-receiving system is built in, spanning the spinal column (the backbone) and emphasized with and through the main nerve cord and its ramifications and branches, which connect the whole body to it.

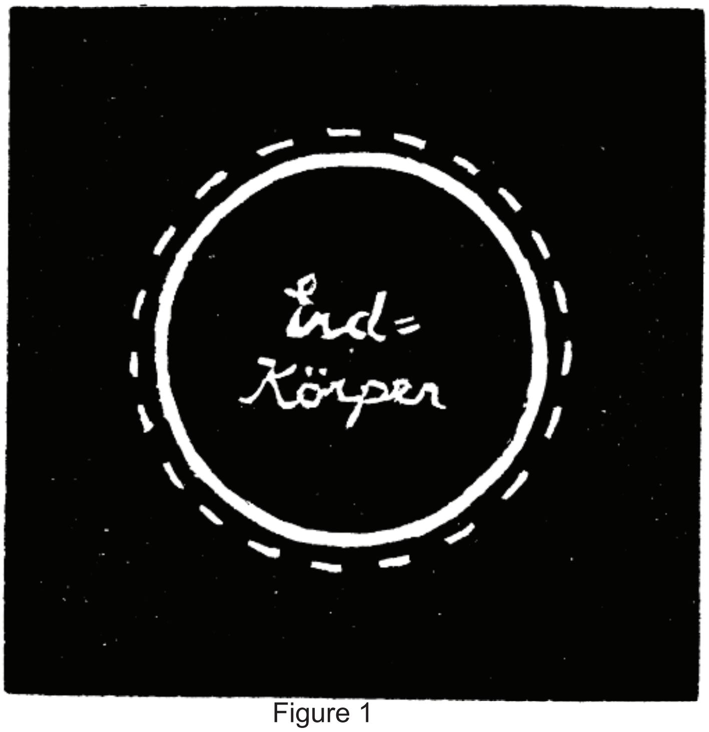


Figure 1

The entire supporting and de-movement structure of the body, as well as the blood vessels, are characterized in their position and arrangement by a direction that dominates the body.

The animal is a living and experiencing being of the right direction.

All animals are now physical receptacles due to the horizontal direction in which their spine extends.

for rays and waves that pulse around the earth in a horizontal direction, parallel to the earth's surface. (See Fig. 1).

The animal is therefore only capable of absorbing induced voltage values that are horizontally weighed around the earth.

Man is a living and experiencing being of the vertical direction.

Human beings are similar, but completely different.

Man stands on the earth, is as it were physically

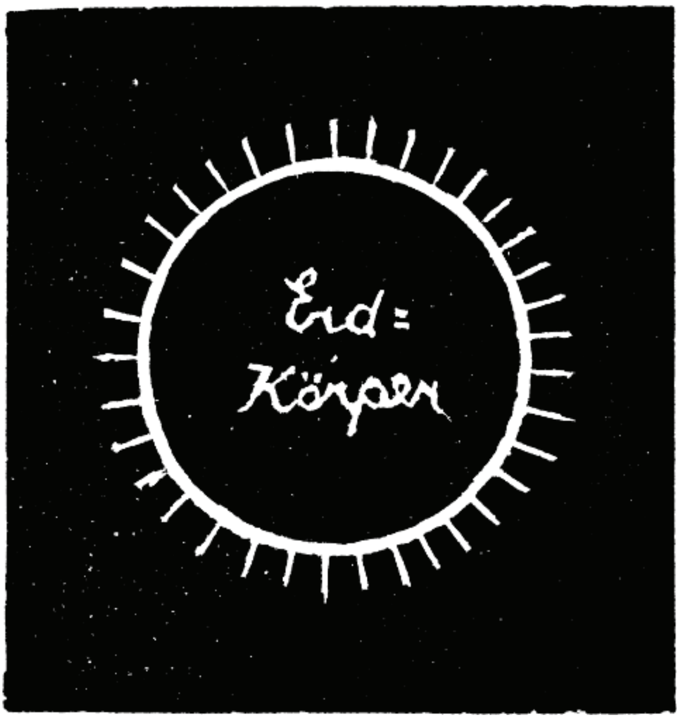


Figure 2

the continuation of the earth's radius and, with his body as a receiving apparatus, is attuned to the reception of those rays and waves that come from outside the magnetic field, from the farthest spaces of the Marmels. Standing upright, the human being offers his spinal cord nervous system to the heavens in a vertical direction and receives from there currents and waves that convey the sense of eternity of the universe, the generative values originating from the orbits of the celestial bodies, as well as all spiritual values.

carry impulses within them. At the same time, earth currents flow into the "antennae" of the human body.

Thus the human being projects into the world space as a living antenna, receiver of the root (radius) forces of the earth and the rays and waves of the sky at the same time. (Oak Figure 2).

Areas of different radiation.

Heaven and earth meet in man.

However, the radiation conditions on Earth, viewed as a sphere, are not the same everywhere.

The movement of the earth also has a very strong effect on the radiation conditions on the two halves of the earth (northern hemisphere and southern hemisphere).

The earth performs three movements, as follows:

1. The rotation, seen from the North Pole in a clockwise direction;
2. the spiral orbit around the sun, seen from the North Pole in a clockwise direction and northwards.
3. The sun itself moves in a spiral path through the sky and forces its satellites to follow this spiral path in their movement.

As a result, the northern half of the Earth is constantly entering new areas of cosmic radiation. The impact of this cosmic radiation is therefore strongest and much stronger on the northern half of the earth than on the southern half, and even if the earth's axis is not exactly in the direction of this movement, the magnetic north pole ensures that the northern half of the earth receives the cosmic radiation preferentially. (See Figure 3).

This increased universal radiation naturally benefits people living in the northern hemisphere and especially in the temperate and polar zones, whose bodies are directed towards the universe, in terms of their physical, mental and spiritual development.

This means that northerners have an advantage in terms of the strength of cosmic radiation in the areas where they live, and when the north polar zone was still ice-free, the result was

For these reasons, up there, where the heavenly sea washes the earthly shores most strongly, is naturally the area in which the highest humanity and the culture of the earth could develop.

When, during the ice ages, the Norse had to migrate southwards, they lost their connection with the area of strongest cosmic radiation. But with the retreat of the ice to the north, the descendants of the northerners also advanced northwards again at the same time, the holy north, and from the border of the northern ice they occupied the old areas with the best, the developing, strongest cosmic radiation right into the temperate zone.

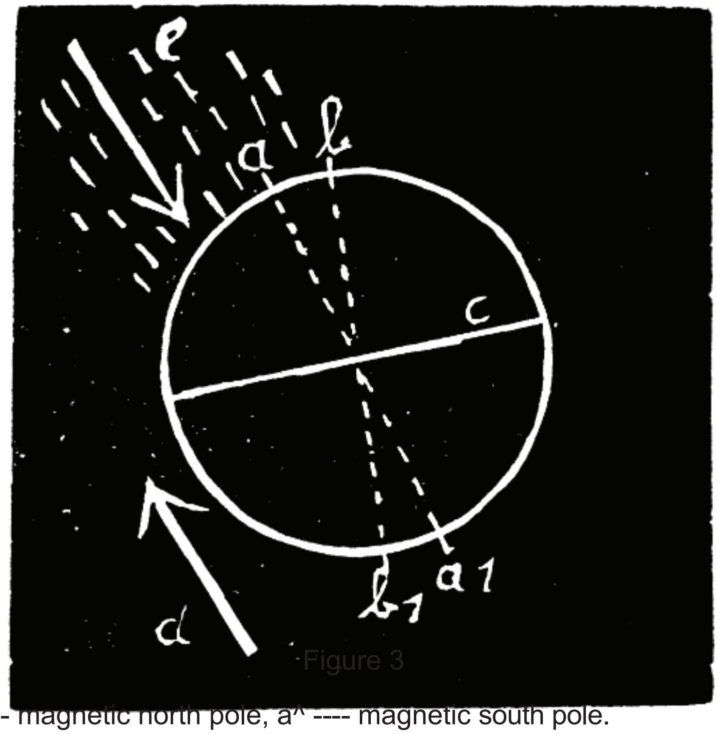


Figure 3

a -- magnetic north pole, a^ ---- magnetic south pole.
!b --- Earth's north pole, b* -- Earth's south pole, c -- Earth's equator, d -- Direction of the axis of the Earth's spiral migration to the north, e - Direction of the rays (high-altitude rays) and waves from space coming towards the Earth.

The direction of the geomagnetic effect.

There is yet another factor to ensure and enhance the physical, mental and spiritual development of northerners, and that is the direction in which the Earth's magnetism acts in the polar zone and in the temperate zone. (Oak Figure 4).

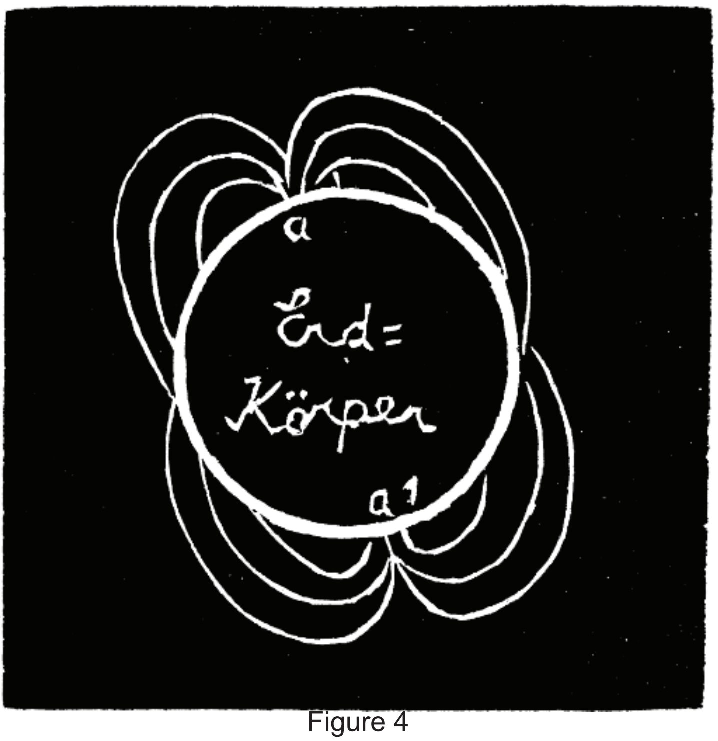


Figure 4
s magnetic north pole, u' magnetic south pole

The magnetic needle is vertical above the magnetic north pole and only gradually loses its vertical position as you approach the magnetic equator. Only there does the magnetic needle with the lateral suspension device lie horizontally.

The earth's magnetic lines of force are perpendicular to the earth in the area of the magnetic north pole, so they also pass perpendicularly through the body of a standing person. The radiations of the heavens and the earth thus meet there, flowing parallel to each other, and meet in the human body. These peculiar street

These conditions apply particularly to the Tropic of Cancer zone bordering North America and Europe, and also apply in part to Central Europe, while Asia, even in its central part, is less favorable.

The further south we go, the less the human body is in the Earth's magnetic lines of force. In addition, the density of the magnetic lines of force, and therefore the magnetism, is naturally lower in the south than in the north over an area of the same size.

There is therefore no atmosphere of human development in the lines around the equator. True culture has never been able to develop here, nor has a high conception of religion been able to form, nor has racial man ever developed or been favored in this zone of unfavorable currents.

A look at a globe or a map of the earth also tells us that, since the magnetic equator
"via India, this area of Asia could never have been the birthplace and place of development of the Aryan race or of Aryan religion and culture.

Conclusions.

It is so, it is immovably certain, and remains so, that despite all earth catastrophes and changes that affected the living areas of the Nordic race, it was only in these areas alone, out of the incomparably favorable radiation conditions, that man, the technique of consciously increased radiation absorption through radiation absorption exercises (runic exercises), the racial man and the only true religion based on the dynamics of the world, such as the highest culture, could arise. ------------------

And these fields of force, which for tens of thousands of years have encompassed the Nordic people in their homeland close to the sky, the wave hall of the universe (Valhalla), and as today permeated and filled them, also gave them the strength to consciously carry the high religion and culture to the south in eternal wanderings around the earth, along the lines of force of the earth's magnetic field, until they forgot the power source and no longer knew the power "from above from the north".

Today, however, the Nordic racial man, in line with the latest findings in the field of radiation

Science is able and unwilling to recognize the source of power and the force again and to make use of both by grasping the dynamic world view, consciously unloading himself into the flood and pulsation of the life-shaping rays and waves and thus finally winning the red turning point for himself, for his race and for the whole of humanity.

Runic forces of heaven and earth eternally fill, lag and avenge, in summer and winter flooding and radiating, the dwelling places of the Nordic race. It can only remain a race, it can only continue to rally again and again, if it consciously creates and shapes these runic powers as the most sacred gift that Providence has placed at the disposal of Nordic humanity.------------------- To gain them.---------------------

Body - Soul - Mind

About the term: Solid body.

The person striving for development must, as we have read in one of the previous chapters, begin with the development of his body. That is, he must first work on his solid body.

This solid body is made up of the same materials that make up the earth body.

To the solid body of man we count here all more or less solid, also the liquid and thin components - as we consider the solid material body of the earth to be the earth body itself, as well as the waters of the earth and the vapor circle of the earth (atmosphere -- atmosphere, the sphere of breathing, the breath).

About the term: soul.

Through the conscious formation and development of the solid body by means of runic uebunas, the person who is rearing up or clarifying his existing racial nature also comes to influence his magnetic or soul body.

The soul body consists of magnetic radiations that permeate and surround the material body.

Just as the material earth is permeated and surrounded by a magnetic "atmosphere", so too is the material body of man.

Just as I can determine the strength, location and behavior of a ferromagnetic field through the shape of the magnet in question, its position, its location and through mechanical or other influences on the magnet, I can also influence the magnetic field of my own body and my soul accordingly.

Now we move on.

We must remember that the earth's body does not have its magnetism in and of itself. The magnetism of the earth is caused by induction, it arises from the fact that the earth rotates and orbits the sun in a spiral with the other planets.

Because the earth rotates on its axis, because it dances spirally around the sun with its northern half in front, because the pole of this movement lies near the earth's north pole, the magnetic north pole is created up there, and the opposite magnetic south pole in the south, and so are all other magnetic phenomena.

Man also lives in the magnetic atmosphere of the earth, and just as every piece of iron is influenced by the magnetism of the earth and becomes magnetic over time, so too is the human body. But man himself, inherited and as a body capable of moving freely on the earth as well as due to his organic constitution, also has his own magnetic field, which he can strengthen.

The earth's magnetic field is the complex of the earth's soul. It is created by the movements of the earth.

The magnetic field of the human being is the human soul. This field is strengthened by runic movements.

About the term: spirit.

How and where the earth is polarized depends on the direction in which the earth rotates and moves.

The type of direction therefore determines the type of polarization and the locations of the poles, as well as the direction of the lines of force emanating from the poles.

What applies to the earth also applies to the solid human body and to the soul (the magnetic complex).

What direction, what directions on the magnetic complex of man, calling it forth and sustaining it, This is decisive for the spirit that determines the life, being and striving of man.

Spirits arise from world directions and their effects.

The spiritual in man springs from a direction in the All, a direction that initiates polarization and flow and, through these, materialization.

The sacred directions

The seals of the earth body

The human body has its own direction, the earth also has its own direction.

The direction of the human body is the vertical direction. The human body can easily rotate around the vertical body axis.

The rotation of the earth around itself results in the axis of the earth, the direction inherent to the earth's body. The Earth's direction of rotation naturally lies in a plane that is 90 degrees to the Earth's axis.

These relationships give rise to the directions of the earth's body, which we know as the geographical directions under the designation:

astronomical or terrestrial north or earth north, astronomical or terrestrial south or earth south, astronomical or terrestrial west or earth west, astronomical or terrestrial east or earth east.

These four earth-body directions are also fundamental for the human body.

If a person adjusts to the earth and its directions, the direction from bottom to top corresponds to the earth's north direction. The downward direction corresponds to the earth-south direction. The right arm stretched out to the side points in the east direction, the left arm stretched out to the side points in the west direction.

The position of the human being looking in the direction of the earth's orb, thus gives the possibility of aligning the human body with the earth's body.

Since people living in the Rord districts of the earth more or less lose their body axis is not equal to the direction of the earth's axis, a further synchronization is already given by the usual natural conditions.

From time immemorial, the north of the earth has been the "holy Morden", both from the thought processes we considered in the previous chapter and from experience. According to ancient traditions, a prayer in which the person praying faces north is of particularly high importance in all peoples who live on the northern half of the globe "because the highest God" lives in the north. - The designation of northern regions as "up in the north" and the common phrase vvm "high north" in contrast to the phrases vvm "south down there", from the "run south" also point to old ideas and to a time when " up" was the highest God.

"high" and "holy" and "north" were also equated,
than "below" and "deep" and "less holy" and "south".

Certainly these connections are also explainable if one knows that once without question and even today (recognized by the knowledgeable and honest in all peoples), all high, sacred ideas take their way across the earth from the north of the earth and that once the "high ones", the wise and rulers, who were kings and priests and healers at the same time, came from the north to keep order down in the south and to supervise the racial upbringing of the southern peoples.

For the Germanic peoples living in the north, the sky visible in the north of the earth was above, the earth below them and the south below. The use of language resulting from their view was accepted by the southern peoples, had to be accepted by them, because they had no culture to oppose to the Germanic culture.

The fact that the northern direction was regarded as the most valuable, important and dominant direction in ancient times can also be seen from the arrangement of several thousand-year-old maps. They show the northern areas at the top. - However, during the decline of knowledge in the Middle Ages, nautical charts and maps were also produced which, for practical reasons (because they fitted better into the paper or book format), showed the northern regions on the right-hand side of the land or sea chart and the western regions at the top. - Only more recent times would bring order here again.

- On all maps, however, the north was always conspicuously and decisively marked as the basic direction, often within the compass rose.

It is certain that the geographical directions north-south-east-west once played a very important role for the position of the lovers in the runic exercises of racial gymnastics. But, with the decline of the racial science of the Germanic tribes, and due to a change of views, these geographical directions, the earth directions were no longer given so much importance.

After all, some churches, including the old church in Gamla (old) Uppsala in Sweden at the site of Odin, and some churches in Germany, are still set to the earth directions. As I must emphasize, almost all churches were once built on former runic training grounds during the decline of race, religion and culture.

With his solid body, the human being is therefore connected to the solid earth. Just as the earth's body has its axis, the human body also has its axis and just as the earth has its rord pole, the human body also has its rord pole.

Just as the axis of the earth is the world axis, the axis of the world, valid for the earth, the earth axis is also valid for the human being and the axis of the human body is valid for the world that surrounds the human body.

Wherever the human body may be, it is the center of the world surrounding it, and just as the world surrounds the earth like a hollow spherical shell, the world also surrounds the human body like a hollow spherical shell, influencing it, allowing it and also once again shattering it.

All runo-gymnastic exercises which man does with his body, in relation to the astronomical (--- terristic) or Grd-body-directions and at the same time therefore to the world-directions, are therefore suitable to establish relationships between the world, the earth and the body and to bring about and achieve a conscious involvement of the body in the world and earth forces.

Therefore, the rune practitioner performed certain exercises of racial gymnastics in adjustment to the earth-body directions.

However, other measures were also taken with regard to the important directions and their evaluation. As a discussion of these measures would go too far here, I had to put them on the back burner for the time being.

For the time being, we note that, according to the old rule, runic exercises in alignment with the earth directions are exercises that directly influence the physical substance.

The magnetic clearings.

With reference to what is mentioned under the heading: The term "soul", it should be noted that the magnetic pole of the magnetic atmosphere, measured on the earth's body, can be found at about 70° north latitude and 263° 14' east longitude (or 96° 46' west longitude) from Greenwich near London. - However, the position of the magnetic pole is subject to certain periodic and non-periodic deviations.

The pole of the Earth's movement around the sun lies from the northern latitude of around 66Vs°-

If we take into account the direction of the inward movement of our entire solar system and the position of the Earth's pole of rotation, we can conclude that the location of the Earth's magnetic North Pole (as well as the entire Earth's magnetism) is the result of the interaction of the directions (and movements) affecting the Earth.

A second body is therefore built into the solid body of the earth, but larger and extending beyond the boundaries of the earth's atmosphere: the magnetic body of the earth.

This magnetic globe, if you can call it that, has its meridians just like the solid earth body, but only on the earth meridian west longitude 96° 46' and east longitude 263° 14' do the earth-body meridian (longitude circle) and the magnetic meridian lie together.

We can easily determine the direction of the magnetic meridians. We take a compass to hand. The

The free-moving compass needle immediately positions itself in the direction of the magnetic meridian. One tip of the compass needle points to magnetic north. (Small deviations occur here and there).

The deviation of the direction of the compass needle from the earth's north (or south) direction is called declination. All places in Europe have a western declination. In Germany, this declination is around 7°.

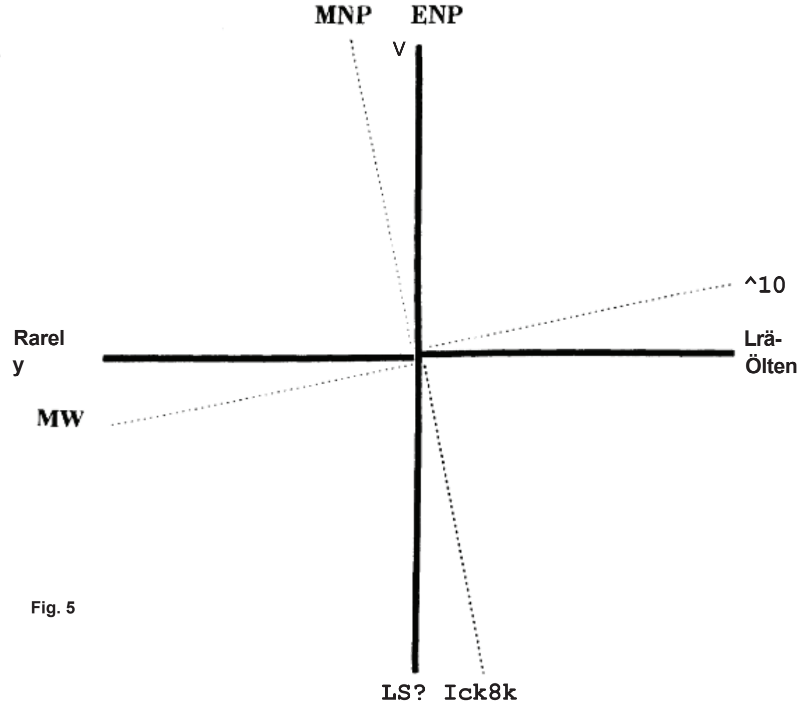


Fig. 5

SAP -- Earth North Pole, ESP - Earth South Pole, MNP -- Magnetic North Pole, MSP --- Magnetic South Pole, D ---- Declination angle, in this case 7" west (generally valid for Germany), MW -- Magnetic West, MO --- Magnetic East.

The rune practitioner's attunement to the magnetic directions connects him, i.e. his magnet, his body, with the magnetic forces.

The most important settings are magnetic north and magnetic east. The first setting is on the pole of the ecliptic, the second setting is parallel to the ecliptic.

Many of the sites once used as runic training grounds are directed towards the pole of the ecliptic, but most of them towards the ecliptic itself. - In this way, the rune practitioner was able to draw upon himself the radiations of the constellations, stars, planets, sun and moon rising in front of him in the east. At the magnetic latitude of his location, he joined in the work of the impulses of movement. The earth turned with him to the east and on the ecliptic, towards him, the rune practitioner, the celestial bodies inducing the magnetism of the earth rose, the ray fields rose, also filling the rune practitioner with the forces formed by the rising, turning sky around the earth.

How important of jcher for the rune-practicing Teutons

The adjustment to the magnetic directions is shown by Kar in the chapter: Body - Soul - Spirit, said.

The fact that the church-building Germanic and Aryan peoples of a time when they were at least half-knowledgeable considered these magnetic directions to be absolutely decisive for the construction of churches and other public buildings is proven by the direction in which about 80 "/<, of all churches are placed.

If an observer were able to see all the churches in the world while hovering over the magnetic pole of Rord, he would see that about 80 out of a hundred of all churches have their choir facing magnetic east. (If you ask a dozen people today, including half a dozen architects: Which direction do most churches face? the answer is always: East. Very few people are aware that churches are mostly aligned to the magnetic east and that there is a magnetic east at all).

Most church buildings are therefore aligned with the zodiac and its orbit. If we look further at the layout of the church building, they are astrological temples in the true sense of the word, serving the worship of the stars. This should be said in advance today, and will be proven later elsewhere.

Don a star service or star cult knew

The Germanic tribes of the Runic Age knew nothing of what the Germanic tribes of the Runic Age knew. Any cult of stars or gods would have seemed highly ridiculous to them. A dyna mical world view does not permit a cult of gods or stars. A dynamic world view also makes a church seem unsuitable as a place for practising runes, as a place where cosmic rays and waves are to be received. Churches or even "houses of worship" as buildings for any kind of cult or "worship service" only appeared when important basic conditions of dynamic gymnastics, runic gymnastics, as the source of massiveness, were forgotten and the dynamic world view was at least obscured.

A meeting room was then built on the former runic training ground in the sacred grove, in which certain formulas were performed to the ignorant people according to an "ancient sacred ritual", movements and formulas whose meaning and purpose had long been unknown to the well-appointed priestly castes and their members. But these movements and formulas had a certain effect on the masses; a mysterious, captivating power was transferred from these movements and formulas of the "ritual" and the sequence of the "ceremonial" to the masses of spectators and listeners. A longing for a higher, liberated state was triggered in the blood and this prompted the priestly castes to maintain and cultivate these ceremonies. For the mood created among the people, this longing of the people that was once again stirring in their blood, could be put to good use in order to hold the people captive and get them in their hands. - This is how the power of the priestly castes came about.

Today, as we ourselves are using our key, our own body, again according to primal law in order to open up all the possibilities of being and life again, we are concerned with the question: What is ultimately achieved when the rune practitioner attunes himself freely to the magnetic directions?

We then take on impulses of movement from the radiant and universal sea of the universe. These impulses stimulate the flooding and flowing in our body aura, in our magnetic field. We polarize our magnetic field more and more and if we bind these impulses originating from our and our earth's movements via our aura and the secretion of the glands on our body in corresponding runic positions and movements and with simultaneous murmuring of the dynamic runic words, we have, with our peculiarly coloured, cosmic

Creator's will is incorporated into us. We achieve the transformation of the waves of the universe that flow through our aura into a flood of glandular secretions within our body, we transform water (the "waters" of the sky, the cosmic waves) into "wine", into the glandular juice that is pressed in our body.

We have a clearing, enriching and uplifting effect on our soul when we are attuned to the magnetic directions, absorb the impulses coming from these directions through runic exercises and transmit them to our body via the secretion of the glands of inner secretion.

And let's not forget:

The creative spirit is essential to the racial human being. The resulting mental drive to create and the physical ability to create can be based on the efficiency and ability of the limbs, especially the hands and fingers, and on the efficiency and receptivity of the nerves and good brain work.

Ideas swirl around people in certain directions and angles. If man does not absorb them, if he does not draw them from the sea of rays and waves, he is devoid of ideas. Particularly well-disposed people have certain ideas. Mostly, however, they are only one-sided ideas, from a few directions.

Even a one-sidedly determined idea, a nurturing spiritual attitude, which can possibly be intensified to the point of fanaticism, can bring in an abundance of parallel accompanying ideas from this particular area of ideas. Obsessions of any "kind", varying in strength over time, are the result. Many ideological and belief systems set up by so-called religious societies aim to increase the number of people who are obsessed by such "religious" systems. - All these religious societies work and exist with and through the persuasion of people, which they also call "religious education".

Real, conscious and lasting selfless creative growth, creative growth that really serves the race and humanity, does not arise and flourish from these sources and foundations.

Right continuous creation presupposes right continuous inspiration (!). Man must consciously draw the creative spirit from the directions and angles that surround him.

around are present. - Creation presupposes creatorship. Even the gods of some churches, who are called creators by the churches, could only have created from what was there before them.

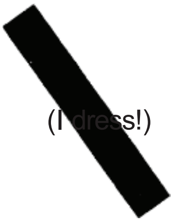
The creator is the person who consciously draws from certain directions and angles through runic exercises. He chooses. He leaves nothing to chance. He works consciously in the world of ideas. First the "race" man creates, then he creates. He fires the instincts and directs them at the same time, creates the deed from the created and the rightly directed.

Loving the runes allows the racial being to create and form; the racial being is both creator and maker. -

Other important directions.

There are other important directions besides the earth directions and the magnetic directions, the use of which has been shown to trigger very specific effects.

However, these directions are not always equally effective. Moreover, their nature and their number are so diverse and large that a discussion here must be omitted, also because further preconditions that facilitate understanding should first be fulfilled. However, these other important directions will be discussed later elsewhere.



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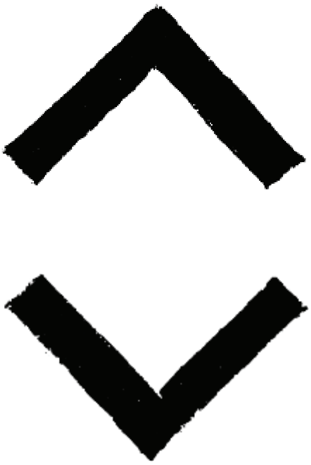

About the nature and effect of the free-space and fixed-space angles

The polar nature of the world. - Free space and fixed space.

All being and becoming, all formations, every change, every transformation and all life processes are guided and controlled by polarization and polarity.

Polarization triggers the flow, the movement, especially in zones of fine material matter. The polarity maintains the flow and movement for as long as the polarity exists.

Each polarization zone occupies a certain area in the room and has an effect within and beyond it.

The speed at which ethereal matter (rays and waves) moves in free space is at least equal to the speed of light. The speed of the rays and waves, which have already sunk one step further into dematerialization and can then also appear as gases, is lower.

The following principles apply:

1. As much lower the mobility of matter, as much greater the degree of immaterialization.

2. So-called solid matter is: in its further development inhibited radiation and Welluna, whose movement now forms a vortex field that appears to us as matter.

The rays and waves hindered in their movement now occupy a certain space in the world as more or less (apparently) solid matter and polarize this space anew. - This polarization corresponds to the state of this matter.

The polarized free-space matter is therefore opposed to the polarized solid matter.

Or in other words:

There is a strong reciprocal effect and attraction between the matter that fills the free space, moving and flowing, and the matter that more or less firmly fills the bound space, which is now shaped into form.

The moving, flowing matter of free space wants to transform the solid matter back into moving, flowing matter (rays and waves) - and - the solid matter wants to continue to bind the still freely flowing moving matter of free space.

This mutual interplay of forces, in which the polarization of free space binds itself to the solid substance, while the polarization of the solid substance acts out into free space and sinks there, sustains life, causes the phenomena of life.

The direction, the time, the place.

Other values that are activated are the direction, time and location.

The direction is above all the soul of the flow and undulation in the free-->space--world. The place is above all essential to the matter of the fixed world. Time intervenes in the speed of movement of the spaces, be it in the flow, in the free space, or in the rest and movement of the solid-space body. (Rest or movement of things). As a world in itself, the solid material world also has its place, which it occupies.

Direction, angle, time, amplitude.

Inhibition of the movement of rays and waves in free space is caused by the fact that the directions of movement of the rays and waves intersect. The angle favoring the formation of the solid substance occurs, which is expressed in the atom in a certain attraction or repulsion (polarity), which can also act at a distance, according to the tension of the angle.

Over time, however, the angles causing the internal stress and internal movement of the atom change. As a result, the atom also decays and the radiation and undulation inhibited during atom formation is then released. -

The consciousness of matter.

Matter, whether in free space or in the inhibition of so-called solid matter, has a consciousness.

This consciousness consists in the perception of the environment and the processes in the environment! Self-awareness arises and grows and develops from the perception of the environment and the processes in the environment. -

Self-consciousness is only possible with a certain limitation of form and with the mastery of self-form. Only from then on is expansion of consciousness possible.

The world and life build centers, places and spaces of different consciousness. Consciousness can resemble the deep dream, the conscious lucid dream, or the waking consciousness. -

In free space, flow zones can also have the highest consciousness. In the world of so-called solid substances, the world forms organic bodies through the individual values of the world, of being and of life in an ever more refined development of consciousness.

The level of the dew ater is the zone in which the material fertilization from rays and waves - and the material liberation to rays and waves - takes place. - This would be the boundary zone between free space and solid space, for us usually the earth's surface.

The living being on earth at the present time that can best become conscious of the processes of life, of life and being, is the human being. Even more: with finer, stronger feeling, consciousness and deliberate will, man can, within the plan of development, increasing consciousness and will, proceeding according to plan, consciously emerging again in all levels of being and from all changes in the world, overcome the law of time and consciously become eternal. - '

Incidentally, this is, by the way, the core objective of all religious views of mankind, insofar as this view has reached a certain height and maturity. (Oak the Edda, the Bible, and other writings).

The racial man.

Subtlety and clarity of feeling, and therefore clear awareness and a deliberate, supportive will, are only characteristic of the purebred males in the right harmony. Mentally, emotionally and physically, good, pure genetic material must be present. To ensure these conditions and values, to achieve the best possible understanding of individuals and peoples, is the task of a proper humanity.

But the individual cannot and must not shirk this task. This task is a task of the present in so far as it requires further education still in life lines (referred to as "rebirth" in the early Christian era) and a task of the future, which requires the rapid procreation of offspring in which the human being who is being reborn appears as a dewu being complex like that (rebirth according to the belief of the old ger manic religion).

Extending exercises taking into account the direction and the spatial angle.

The human body was created as a reflection of certain forces that emphasize a direction, the human direction, the direction from top to bottom, from bottom to top. !

The upright human being, more than any other living being, is flowed through by the currents that the polar fields of heaven and earth send to each other.

He alone" is also able to consciously move his body, his limbs, in any desired direction.

He alone is able to consciously choose those conditions (terrain formation, radiation zones) that bring him to the place where angular forces bind areospatial matter, or transform or decompose and release solid matter - or where the binding or unbinding forces balance each other out.

If we want to and are able to choose a runic practice site that serves our desired purpose, we should focus our attention on the salient features of a practice site that allows a certain good spatial angle to work:

1. The full clearance angle;
2. the largest possible clearance angle;
3. the balance between open space and fixed space;
4. the largest possible fixed space angle;
5. the full fixed space angle.

The exercise location is:

at the 1st angle: a place in free space; at the
2nd angle: the top of a mountain;
at the 3rd angle: a place on flat, level terrain; at the 4th
angle: a place in a basin;
at the 5th angle: a place in the earth.

A consideration of the effect that a place of exercise can trigger in free space is superfluous for the time being, since the absorption of forces here is only possible for those who are free of their bodies and for those living beings who can place themselves with all their feeling, consciousness and will at any point in free space.

It is different with the choice and type of other training locations. These places are accessible and, as history proves, have always been deliberately chosen. First of all, I will mention the " holy mountains" and the " holy grottos", which are known as
"cult sites" wherever Germanic tribes once practiced their runic techniques were later held sacred. We will have more to say about them later.

The Dergesspitze as a place for practicing and learning runes.

The circle denotes the hollow sphere of space that surrounds the sticky person standing on top of the mountain.

The free-space angle predominates. The effect of the free space is by far the greatest and thus also the flow of the rays and waves that are directed towards the earth into the body and into the "life" force field and the sensory field of the rune-illuminated person that runs through and surrounds the body.

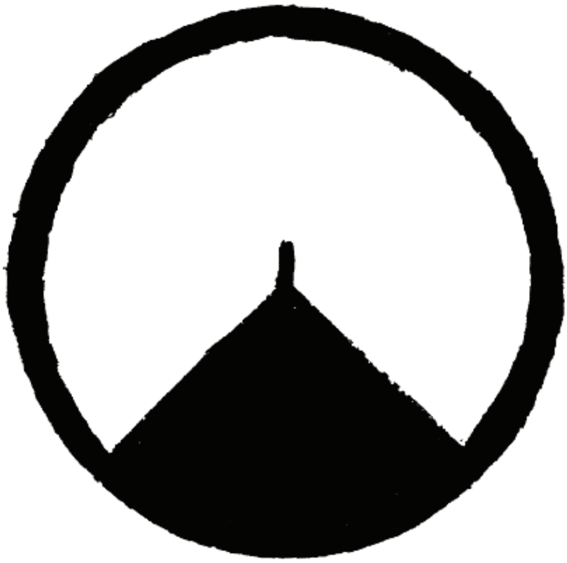

Abbildung 6

Free rays and waves, vibrations of the highest order are what the body attracts here. They predominantly convey sensations and insights into the spiritual and mental world.
.impulses, some of which may sooner or later become material or events. -

In addition to this, clarified impulses of earthly sensations are streaming up through the lover's body from below.

At all times, the peaks of high mountains have been the seats of the gods, i.e. of those people who approached the divine here in development, being, feeling, knowledge and ability.

Because everything of value is an essential impacting characteristic. Even the divine.

Hundreds of thousands of mountains bear witness in names and legends "still of the value of the peaks of these mountains as runic training grounds for the racial people. Everywhere where Germanic peoples spread their culture, this culture was based on the results of the runic exercises of racial gymnastics, runic gymnastics. *)

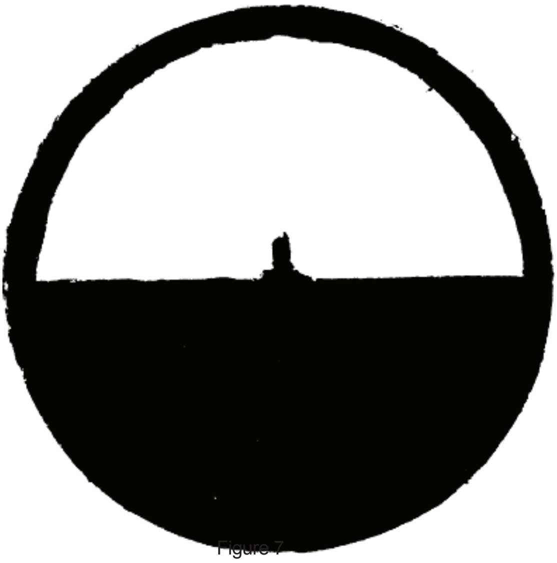

Figure 7

The place for practicing and learning runes
in flat terrain.

Half of the hollow sphere of space surrounding the lovers is filled by the free space, the other half by the fixed space.

As the earth rises towards the horizon, a mound a few meters high was often created on flat terrain (the mound that was later used here and there as a "barrow" or was and still is often mistakenly referred to as a barrow). (Figure 7).

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*) Bedenke: u. a. der Olymp (Ol-ymp) als Sitz der Götter. Der Nachklang der Runenübungen als „Olympiſche Spiele“. Dann der Brocken und der „Hexentanzplatz“ als Runenübungsort. U. a. Orte mehr.

The effect of the sky and the earth is to a certain extent balanced here. The effect also lies in the emphasis on the sober sense of the present, which is and will be characteristic of the inhabitants of the lowlands of the North German Plain.

Since individual high derg cones are rare in flat terrain all around, but since the effect of the solid angle is all the more c-irHer, the less surrounding mountains interfere, the

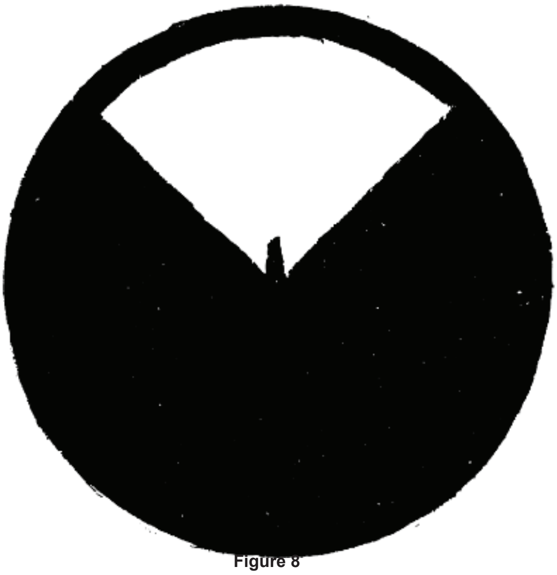

Figure 8

a high (even artificial) mountain in flat terrain can have a very great effect on rune exercises.

The relative success can therefore be very great on an artificially higher mountain in terrain that is flat all around, unless it is due to the effect of altitude (with thin air and stronger ultraviolet and high-altitude gin radiation). *) -

The valley basin as a place to practise runes and to gain experience.

If the lowest point of a valley basin is selected as the rune practice location, the fixed solid angle predominates. The we

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*) Siehe u. a. der Plytenberg bei Leer in Oſtfriesland. Als natürliche Erhebung und alte Runenübungsplätze ſeien noch erwähnt: der Hohentwiel bei Singen und der Aſperg (Aſenberg) bei Ludwigsburg (Württemberg).

The development of free space, on the other hand, is very much pushed back. This somewhat dampens the flow of new ideas.

The radiation of the earth has an increasing effect on the rune practitioner. The result is that former experiences are clarified and dormant or as yet unrealized abilities are developed.

The descent into the valley basin is the descent into the "Jug". *) (Figure 8).

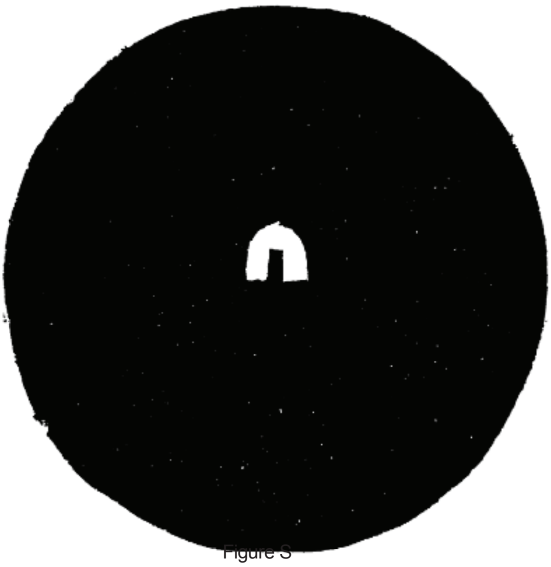

Figure S

The runic practice and recording site in the earth.

The location in the earth allows the full effect of the solid to become apparent. (Figure 9).

ra The person standing on the ground is surrounded by earth or rock. is completely exposed to the earth's radiation. So that it is also Er exposed to those impulses that urge towards atomic decay within ab the earth and thus towards liberation from its bonds.

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*) Ueberall, wo in Sagen und Märchen (Hochzeit zu Kana) und Brauch (Studentenbrauch) von der „Kanne" die Rede iſt, haben wir Symbol und Gedankengang, entſtammend der alten germaniſchen Technik der Runenübenden. Ueberall dreht es ſich um das Erringen des Könnens, überall um Umwandlungsprozeſſe. Die (weibliche) Polarität ſpielt hier auch eine Rolle. Der Himmel iſt männlich, die Erde weiblich.

There is another effect, namely the following:

Over long, long periods of time, solid matter was formed from the rays and waves of free space via the inhibition of these rays and waves. At the same time, however, certain events also marked the course of materialization or accompanied it. The past and all its sensory and experiential images are thus attached to the earth matter in terms of radiation values, because they once helped to shape it. Man can therefore take his entire development from appearance to appearance, from life to life, from the consciousness of the earth. To a great extent, if not entirely, the earth material consists of the remains of the bodies of the living beings that once inhabited the earth.

The place of exercise in the earth is therefore the place of collection and remembrance.

What fate-binding preconditions are still present in the pre-life on earth, working out of the earth material, results from the exploration of the memory of the earth.

Damm asks Wotan to Erda.

At the dam, seers gave, or at least tried to give, information about what was coming according to the law at springs and trees, which were uplifted by the earth's rays, and at springs in grottos.

So our ancestors practiced in the earth to clear their memories. Thousands of underground training sites are still preserved in Germany alone. The Exsternstein site also has them.

The burial chambers in the pyramids were certainly the meeting places of the people who were later buried there.

The form of "placing the apprentice or mystic in the coffin" practiced in certain orders is an empty echo from the time of the rune practice technique.

Burial in the earth is also an echo, as is the belief and tradition that highly evolved humans who had explored their past lives in the earth, can walk from high mountains to the dissolution of their body. *)

So much for the effect of solid angles for now.

Our observations have pointed out important points. However, it is not the size of the angle alone that is decisive, nor is it only important whether it is a free-space angle or a fixed-space angle. The angles at which the surfaces that form the solid angle are positioned in relation to us are also important because they trigger certain effects. -

The lines of force emanating from an object, including the earth's surface, are perpendicular to each surface. The potential is also superimposed on each surface. -

The position of the lines of force that emanate from the surface of the earth to us is different depending on whether we are practicing on a mountain, on a plain, in a valley or even in the earth.

The potential acting on us is also different.

We should also bear in mind that runic gymnastics is not silent gymnastics. We speak, sing or shout certain runic words as we exercise, we plant life-electrical forces out of ourselves in sound and sound vibrations, we fill the surroundings of our body with these vibrations.

When practicing runes on a mountain peak, we are able to create an almost uninhibited sphere of vibration around us.

When practicing runes on a flat surface, the sound waves bounce off the ground and propagate vertically upwards.

However, when practising runes in the jug (in a valley), the sound waves bounce back at us and amplify our energy.

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*) Jch erinnere an die Geſchichte von dem ſagenhaften Henoch, dem ſog. Moſes, und daran, daß die Schilderung des Neuen Teſtamentes der Bibel Jeſus Chriſtus erſt auf einem Berg (in Runenſtellung am Kreuz) ſterben läßt, dann ihn in die Erde niederfahren läßt, dann aus der Erde, aus einer Höhle (Grotte) auferſtehen und zum Schluß auf einem Berg ſich aufheben läßt (Himmelfahrt).

Alle dieſe als Geſchichte vorgetragenen Handlungen und Bilder ſind Nachklänge aus dem Runenzeitalter, geſammelt von mehr oder weniger Wiſſenden, oft in Anlehung an alte Symbolgeſchichten, entſprechend abgeändert und mit Lokalfärbung, um ſie als Geſchichte glaubhafter zu machen. Als bewußt geſtaltete, ſymbolhafte Darſtellung eines Entwicklungslehrganges können wir dieſe Geſtaltungen gelten laſſen, als Geſchichte, noch dazu mit wirtſchaftlich-politiſchen Machtzielen, aber nicht.

The vibrations that we evoke in and around ourselves through prolonged singing. -

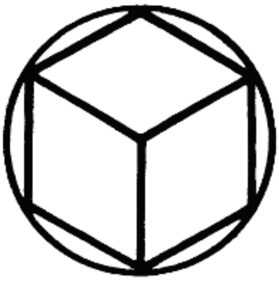
The repercussions in an enclosed space in the earth are even greater. The sound waves caused by us not only cause the earth or the rock around us to vibrate, but also bounce back at us with almost the same force with which we generate them. The effect is therefore very great and it takes a certain amount of self-acquired experience to achieve good effects.

When doing runic exercises in a valley or in the earth, we come upon certain laws of our own accord, the observance of which can achieve the greatest healing effects with the easily performed, very simple runic exercises.

I leave it up to the tires to consciously choose the right spatial angle for exercises.

I am striving to create a rune practice and training ground that will serve as a rune school. Anyone who would like to help selflessly is asked to contact me.

The purpose of this presentation was to characterize the natural conditions, which are capable of promoting the effect of the runic and cognitive exercises immensely, and to further prove that all genuine culture is Germanic and all genuine culture is a success of the runic exercise technique of the Germanic tribes. -



The landscape of the breed

The radiant landscape.

The lands of the earth should be gardens of men, should have a landscape whose dild forces favor the uprightness and massiveness of the inhabitants.

The longest life and the highest development is offered and ensured to man by nature where nature, where the landscape corresponds to man's constitution.

Radiation complexes of cosmic and earthly origin are the foundation of the human body and the human soul. - Where nature, the landscape, the air and the earth of an area are rich in cosmic and earthly radiation, where the landscape, rivers, streams and lakes ensure a better effect of this radiation, where certain soil layers dampen too hard radiation, where the composition of the air is favorable to the charging of the human radiation complex and the regulation of its currents, the first basic conditions are given not only for the vegetation of man, but also for the health and development of man.

The external image of the landscape should be lively, rich in variety and shaped in such a way that formative image forces emanate from the landscape. More than we think, the image of the landscape shapes, the rays emanating from the image of the landscape shape people.

Straight and curved lines, surfaces and curves of various kinds, permanent and changing color effects, Uninhibited and inhibited perspective values, reflective and radiation-absorbing areas in a landscape, allow the landscape to radiate those life stimuli, those "image" forces that ensure and enhance human life and development.

The physical body of man contains much water and also solid bonds of mineral and other substances. - The atmosphere, the soil and the entire landscape should contain moisture and water, such as minerals and fragrances, in proportions that correspond to the constitution of the human body, in order to be beneficial to the human body, to enable its existence, growth, development and long life.

It is up to man to shape the landscape as he wishes. He must certainly reckon with the conditions at hand, but once he has set his sights on the goal, the shaping of the landscape into an uplifting landscape, he will also find the right way through reflection and experience.

Even if the geological conditions are different, not every place necessarily needs to be a place of residence. However, the landscape can always be shaped in such a way that it can be transformed into a landscape that is conducive to the view.

Oaky swamps, which impregnate the air with ominous fumes, and large, waterless, dry areas, whose air draws too much moisture from the human body, are unsuitable as life-sustaining and development-promoting living areas for humans.

Similarly, an area whose industrialization has destroyed the landscape and polluted the air over a wide area is unsuitable as a place for people to live and develop. The benefit that accrues to a people (usually the capitalist circles) through the industrialization of a part of the people's land is far less than the damage done to the health of the body, soul and spirit of the people and the wetlands. - The fumes of Tartarus spread in poisonous gases over such a region. The lower, poisonous vibrations that Mother Earth carefully withheld and locked away from her children are brought up by the people and condemned to themselves, corpse poisons, originating from a long past evolutionary period of the earth, to be inhaled day and night. As the air is poisoned, so are the streams and rivers. Streams dry up, forests die out, vegetation withers away, the desert wins, not only in the landscape, but also in the feelings, thoughts and will of the people.

Elimination of the swamps.

Swamps in the country can be drained, layers of bog can be removed and used where the soil lacks loosening components. Germany still has a large number and extent of swamps. They can be removed, bypassed, deliberately shaped into a racialized landscape.

The curse of industrialization.

The southern spirit of usury raged worst in the sacred territories of the German people, where large stretches of land were industrialized. Fifty kilometers from the borders of the "coal box" (Ruhr area), depending on the wind direction, bluish vapours are already creeping over the earth. The closer you get to the industrial district, the higher the toxic fumes rise until they envelop and fill you. Chimney after chimney rises in the godforsaken realms where the race is murdered. People, born for daylight, clear air and sunshine, work in their thousands, bathed in sweat, deep underground, standing in smoky, glowing foundries and rolling mills day after day and night after night. Coal and ore are mined and processed. Germany would have enough wind power to make all coal mining unnecessary. Thel unnecessary objects are made from the metals, things that really have no connection with true culture. The wages are meagre and life is far removed from nature. On Sundays there is no walk along the bubbling brook. Its course is filled with black broth, not a blade of grass grows on its banks. The forest dies in the poisonous air, and so do the people. Habit lets them get over many things, but the race is dying, dying of the capitalist spirit that created these hellish areas in Germany.

If we want to preserve our racial values, if we want to breed again, the elimination of these human mills is an important necessity. A radiant race can only grow up, can only flourish and develop higher in a radiant landscape, in spicy, poison-free air, and surrounded and supported by the natural pictorial forces of the racial landscape in which the racial man once grew.

Slaves and helots, cowardly or in blind intoxication, sneaks and cowards, greedy souls and power hyenas are born, the industrial hell favors - the racial landscape gives birth to, maintains and develops the racial man.

The mixed deciduous forest in the racial landscape.

It is essential to the southern mammon economy, which even calls itself "culture", that it creates deserts in the course of time where it "works".

The southern mammon economy, true to its capitalist-usurious instinctive soul, strives to turn the earth into a single factory site, a factory site that yields as much "rent" as possible, a hell in which there are only working animals with as much intelligence as is necessary to do the work - and over these international slaves a few rulers who are to rule like kings or like "gods" who rule over the deformed humanity.

Wherever the usurer and merchant "spirit" came, wherever it gained control, all racially conscious people were first fought against and, if possible, eradicated, rendered economically uninfluential, deported and murdered. The land was taken from the Dolle, new "legal" foundations were created, which gave the 'international robber rabble' the reins, and then the great usury, the great sell-out, began.

Above all, it is a country's greatest natural wealth, its forests, that is being exploited by the new masters.
"utilized", sold and sold off. - In this way, large, once fertile areas of Africa became desert, and the whole of Palestine, Asia Minor, Greece, Spain, countries with areas that had become barren and infertile, took on more and more of a desert character.

The stream of usurers now rolled inexorably towards Central Europe, continuing to ply their cursed trade here. The eternally similar instincts soon found expression here, soon there, also in America, in a "systematic reclamation", i.e. in a sophisticated sale of the forest wealth of the invaded land.

The country that currently has the following forest stands "done" is Sweden. Almost all American newspapers are printed on Swedish wood pulp. North America itself is already so far deforested that huge sandstorms, occurring from time to time, bury everything beneath them, including the great "grain factory", which covers incalculably vast areas of land in America, with the farms, with the entire population, today a plaything of the stock market jobbers.

Recognizing the consequences of ruthless deforestation, some European countries have been protecting themselves for decades with forestry laws that stipulate that a new tree must be planted somewhere in place of an uncut tree. This is also the case in Germany.

But the deforestation of Germany had already progressed far too far. We must strive to further increase the forest cover in Germany, namely through deciduous forests and orchards.

Today, in some areas, only straight roads cross the barren land. These are bordered by fields of trees called forests. Firs, firs, firs, in rows, as if growing in a continuous line.

"Fir wood grows quickly", the fellow is told and proudly walks past, calculating how rich he is. But he doesn't realize it. Because the international traders are pocketing the profits. The people are also not told that the fir forest depletes the soil, that it silts it up, that it dries out the air far and wide in summer and thus deprives the surrounding area of the necessary humidity.

The mixed deciduous forest is different. Where has it gone? Where can you still see the large, stately oaks and beeches, bursting with strength and abundance, lush in trunk and branch and twig and leaf? - It is rare to find deciduous forest.

The deciduous forest with its millions of large leaves is the great lung of the racial landscape. Mosses and lichens support the work of storing the air with germ-free moisture. People grow in the deciduous forest

Forest, people with sap and strength and a fine open-minded sensibility. Winter and summer, spring and fall are contrasts in the deciduous forest that the fir forest never has. The deciduous forest lives more to the rhythm of nature. It has its own character or it is nothing. It is unique, different everywhere, never monotonous, never uniform. It provides people with humid, spicy air suitable for absorbing cosmic rays, it prevents natural disasters, regulates the weather and blesses the vegetation of the land all around.

And on this question, too: deciduous forest or broadleaf forest, there have recently been calls from thoughtful people and critical experts for the reforestation of Germany with broadleaf trees and the suppression of conifers.-

How the deciduous forest almost died out because the hardwoods "grow too slowly" because the international merchants' association earns more from conifers, the planting of roadside trees was also steered in a direction that was detrimental to the landscape and the people. Apple trees and pear trees are rarely found as street trees, and walnut trees are even rarer. Millions of marks go abroad for apples and walnuts, not to mention for oils and fats. Germany's highways, planted with walnut trees since ancient times, would supply so much of the finest oil that we would be independent of foreign countries and international trade in edible oils. This is why the planting of walnut trees along the roadsides was prevented. Instead, ash trees, alpine pastures and other trees that are harmless to trade were planted. If preference were generally given to walnut trees, the atmosphere would be further enriched with radiation favorable to life.

Rivers and streams as radiation generators.

A river "brings life to the landscape", a stream does the same. Most of all, the winding river, the meandering stream, brings life into the landscape. If we want to say with the above words that a river, a brook, especially if the bed is not dead straight, lends certain charm to the landscape, then we usually forget or don't even think about the fact that all changes in the

The direction of flow of a river or a roof also triggers electrical values that are communicated to the ground and the air. If, as we know, flowing water fills the riverbed with radiation, and thus also charges the air and the roof with radiation of a special kind, then this is even more the case through changes in the direction of flow.

The strength of the radiation effects emanating from rivers can also be recognized by the fact that thunderstorms, as experience teaches, either avoid the course of the river or are drawn to it, move up or down its course, or discharge themselves at the river. This is because at an altitude of several thousand meters, radiation rises vertically from the river, radiation that forms a wall or a conductive path, radiation that also has a positive influence on the breathing and vitality of the entire area.

What applies to a river and its effect on the atmosphere of the area also applies on a smaller scale to any roof.

But the effect of a river course in the landscape of an area is not limited to the radiation emanating from the river. Along the rivers and dykes there is vegetation which also has a very special favorable influence on the atmosphere, the air we breathe, and far into the surrounding area the river regulates the groundwater level of the area, at the same time ensuring that the groundwater is renewed.

The natural course of rivers has been altered by human hands for a millennium and is still being altered today. In order to prevent the risk of flooding and for economic reasons, river bends have been and continue to be removed and rivers have been increasingly canalized. The result was that the path of the water masses of a river from the sources to the mouth became ever shorter, the river basin ever drier and the humidity and also the electrification of the air in the respective river basin ever lower.

Recently, dams have been built into canalized rivers in order to generate electrical power. The result is that, due to the low flow of the water in the dammed course, the air in the river area is supplied with even less natural electricity.

These thoughts may seem new, but they are well founded.

The fact that a landscape has pictorial powers and that these pictorial powers are very important for human life, prosperity and development has recently begun to be recognized more and more, even if only emotionally. More and more voices are being raised against efforts to straighten the course of all rivers. More and more people are realizing that a landscape loses its charm when winding rivers are turned into dead-straight canals, and farmers have come to realize that the fields have lost their fertility as a result of changes in air humidity and groundwater levels.

A world order whose meaning and purpose lies in the shaping and preservation of the race places all race-forming forces, including the visual forces of the landscape, at its service.

The effect of perspective, shapes and colors.

If we look at the landscape as it has become in many water-poor areas of Germany, we find that great changes have taken place here. In the past, the landscape was dominated by irregularly curved lines: crooked country roads, crooked paths, meandering living hedges, small hills, gentle, irregularly undulating ground, smaller and larger stands of trees, here a group of trees, there one, there a grove, there a real forest with old, strong, full-grown trees. Changing lines, changing shapes and sizes, changing lighting and shading, changing colors everywhere.

The perspective pictorial forces of such a landscape, as we still found them in the Middle Ages in Germany, as remnants of the landscape of the racy period, are incredibly rich and changing. Such a landscape has an exciting effect here and a balancing effect there. Multiple mild life stimuli stimulate life, promote experience, awareness and higher development.

The alternating, healing and beneficial pictorial forces of the landscape are based precisely on the consciously chosen

Shaping and versatility of the landscape image. One
"One-tone" land air also makes people one-stringed. What cannot resonate dies.

A racial landscape cannot do without the backdrop. A hill walked around, a forest bypassed, muh have concealed a new image, muh new perspectives. A pond, a lake in the terrain, should be made more effective by the fact that the plants, towering groups of trees, are reflected in the surface of the water. Curved paths should be emphasized by planting strips of hedges, bushes and trees. A straight road will have a lively effect if it is also planted with trees on both sides. Incidentally, streets will soon have lost their importance as traffic arteries for all kinds of things. We are entering a time when air traffic is taking over almost everything.

Summary.

We consider that the foundation of the human being is a radiation complex. This radiation complex wants to maintain its tension and flow, and even increase its tension and flow.

A landscape whose peculiarity and form provide sufficient pictorial power has an exciting, stimulating and balancing effect.

Rivers and streams, whose course is adapted to the shape of the landscape and the geological conditions, have a further effect on the air we breathe.

There must be sufficient humidity that absorbs cosmic and earthly radiation and transforms it beneficially.

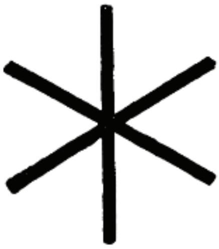
Mixed forest in sufficient stands and correct distribution also ensures that the air is stored with natural electricity, which is beneficial to the life of the basses.

What the soil produces must belong to the people; the people want to eat and want to clothe themselves. But the people should also be educated, they should not only be able to maintain their racial identity but also to increase it. The real economic interests of the people can always be combined with the goal of education. The culture of a people does not show itself in the fact that useless industrial products dominate the market.

flood merchants. Culture is demonstrated by the fact that every individual among the people, the whole people, is enabled to achieve the greatest possible spiritual, mental and physical development.

Race is culture, culture is racial. If the landscape is appropriately designed, if the visual forces of the landscape and the radiation content of the atmosphere are consciously enhanced, in short: with a racial landscape, culture and race, race and culture are secured to a large extent

Let the earth be a garden of the gods, of men, you in heightened pure race, attain divinity. Let us reshape the face of the earth so that humanity may become racialized!



flusrossing places!

At the gate to the Kuuen Garden.

The "Thing Square" and what it is.

Every animal prefers an environment, a terrain that guarantees it food, reproduction and development. The question of safety only arises when humans prove to be the mortal enemy of the species.

The particular circumstances and conditions of a landscape inherently favor the life, reproduction and development of certain animal species. The next step is the deliberate purposeful modification of a landscape by an animal species living there. Termites, for example, change the landscape of their habitats, as do beavers, in order to achieve the most favorable result for the population, reproduction and development of the species.

People have always strived for the same thing. But the ultimate goal has changed. Today, the return on capital stolen from the people, the return on loan capital, is the motive imposed on the people, which shapes, or rather disfigures, the landscape, the residential and living areas of mankind.

The highest goal: the development of the people into a conscious racial keil, came in the living around 6,000 years ago, this was increasingly forgotten or was deliberately fought against by the world leadership of the Lier people, even in the regions where the Germanic race lived. So-called religions and so-called economic doctrines were imposed on the peoples who were to be made subject to interest. Racial peoples never remain permanently willing to pay interest! So

The former development goal of mankind: vigor, is disappearing before the eyes of the people.

Once the Teutons, wherever they went, reshaped the face of the earth, the landscape, in such a way that they found the highest success in their race-preserving runic exercises. -

When the southern, racially hostile and interest-friendly "religions" became more and more widespread and as much longer as they ruled, the new masters began the deliberate disfigurement and devaluation of the Germanic landscape and this destruction of the racial landscape was systematically continued.

Nevertheless, they did not completely succeed in destroying the racial breeding effect of the European landscape. Millions of forms of landscape that were once deliberately and purposefully laid out in the Runic Age still exist today, at least in their basic features, almost unchanged. No great effort is needed to restore a form of racial landscape, the great Germanic runic garden, which will help to ensure that the people's perception is maintained.

However, this requires that we first give space to the simplest clear and reasonable insight and consideration and that we finally put aside all the "thanks" courses and aspirations dictated by southern perspectives. -

Especially many "Christian", many "humane", and many "ideal" thinking, "academic" circles, who praise and recognize the sacrifice of Jesus of Razareth for humanity or celebrate the sacrifice of blood and life for the national idea, have to ruthlessly make the sacrifice of their power and their class advantages where it concerns the opinion of the people.

If they do not want this, then Christianity, manhood, idealism and leadership are not genuine, but hypocrisy and seduction. As long as the prerogatives of money, "education", "class", "denomination" or "attitude" still play a role, may and can play a role, even if it is through misleading phrases and the use of brute force, the world will not experience a revival.

Either we all want the constellation or we all go under.

In the time when today's "culture" was still unknown, in the time when honesty, openness and efficiency were still valid, the entirety of a people was educated, brought up to the level of sophistication and wetness and maintained in it in the same educational and training process, which was handled by the people.

For this purpose, life was a single school and the landscape the garden of understanding, the garden of runes.

First of all, we are talking about the Thing seats.

There are hundreds of thousands of Thing squares in Germany. The name "Thing-Platz" has been retained by the people for a large number of these Thing places. The views on the purpose and significance of the Thing squares have become clouded over time or have been deliberately devalued or falsified by southern thinkers.

Today there is talk of the Thing squares being renovated again.

Many people refer to Thing Square as a meeting place. That is what the Thing-Platz once was. Many people refer to the Thing-Platz as a place of judgment and a place of no judgment. So were some Thing sites during the decline of runic knowledge. - - Many sites refer to the Thing as a place for popular sports. That is what the Thing places were at a certain time, but in a different sense From many sides the Thing Square is described as a former cult square. These places once were, but the question is what is meant by "cult". The Germanic tribes of the racial period knew no cult of the gods. - Various sources refer to the Thing Square as the place where the Germanic tribes sacrificed people to their gods. But the Germanic tribes never sacrificed people at religious or other celebrations or on other occasions! -

-------- Some believe that the Thing Square is the place where the Home Army would have gathered before leaving for the "eternal spring", which once pushed a part of the mature youth into the colonization areas of the Germanic tribes every year. Thing Square was certainly the starting point for these migrations at certain times.

We know that in certain eras the Thing Square was also a place of assembly, a place of trial and judgment, a place of popular sports, a festival site or a place of worship.

We also know that meetings held there were often given the name "Thing". But the word "Thing" does not cover the diversity of the purpose of the meeting in the different eras, which number thousands of years.

It would be more likely that, due to the persistence of names referring to a place, the word " Thing" was used to describe an old, important, sacred custom, which could also find support in the location and design of the square, and that the word "Thing-Platz" remained in the square, even when no one knew what the word "Thing" actually meant in the past.

One would think that "scientifically trained" linguists would also explain the former purpose and meaning of the Thing squares by explaining the word "Thing". But we hear nothing conclusive from the scientific camp about the meaning of the word "thing-place" and about the original purpose of the thing-places.

1. Question: Why don't these people know how to explain the word "thing-place"? -

1. Answer: Because they know nothing of racial gymnastics, nothing of runic gymnastics, and because they do not know that the Germanic tribes once set up places for runic gymnastics, places for runic gymnastics, i.e. runic exercise places, wherever they lived, and that each clan had at least one such runic exercise place where the runes were sung during runic exercises and runic dances and runic postures.

2. Question: So "Thing-Platz" actually means "Sing-Platz"?

2. Answer: Yes! And that is also linguistically clear.

Zeder Mensch knows that the word " Thing-Platz" means
"th" and that the "th" in England is still pronounced as "ß" (with the tip of the tongue in the tooth position).

"Thing-Platz" is correctly pronounced "Sing-Platz". In cases of doubt, the pronunciation is always more important than the spelling. (But with different spellings, you can easily determine "many languages" and keep the peoples apart).

3. Question: What was sung on the "Thing-Platz"?

3. Answer: The Thing sites were (and still are in remnants) runic exercise facilities which, due to their structure and arrangement, were able to achieve the greatest effect from the runic exercises. During the exercises of racial gymnastics, during the runic exercises, the corresponding runes were sung.

4. Question: Were these exercises done by one person or by several people?

4th answer: The exercises were often performed by one person only and unobserved. However, they were also combined with several.

But: In order to teach the people the exercises of racial gymnastics, these exercises were shown to the whole people in public! So the Thing squares were also showplaces, places of instruction.

The dance play (ballet), like the entire field of art that is seen today in front of the theater, is a remnant of these courses in racial gymnastics, once developed on the Thing-Platz or in its surroundings.

The Olympic Games, the fights that we see today in some arena, the "Singing War on the Wartburg" and all the many customs and local peculiarities refer to the former establishment of the Singing Game places, the Thing places as places of training of the people, as those important places from which once emanated the education of the people and the racial law. However, the formation of the people and the resulting racial law is the result of racial gymnastics and arose from the effect of the runic exercises, which were most effective here, in deliberately purposefully arranged terrain, and definitely achieved their intended goal.

Everything genuine and meaningful in culture, custom and tradition stems from the cultural heritage that once developed on the runic training grounds. Southern views and material thinking later distorted what radiated from these runic training grounds. Here is just one hint:

In order to impress upon the people the effects achieved by certain runic exercises, special masks were occasionally worn by the village leaders to represent the nature and effect of a particular wave or a particular value of the dynamic forces. During these demonstrations

In this spell, repetitive runic words are spoken, sung, shouted, runic words that pertain to the particular runic position and runic movement.

In the time of decay, out of error and stupidity, the mask once used was later declared to be "Gott", the runic word that the full had always heard became the "name of the god" and the speaking of this word became the "calling of the god". -

Meaningful Nunen exercise technique was later used as a "ceremony" and to mislead the religiously aspiring.

5th question: So these Thing-places or Sing-places were originally runic exercise^places! How did they come to be places of judgment?

Answer 5: A number of the Thing-places, or Sing-places (which is the same thing, as we now know) are even recognized as Sing-places today. Almost all the older church buildings stand on all these singing places and people still sing there today, even if they don't sing runic songs. But, unknowingly, priests still perform runic exercises there, which today are called "the ceremonies of the ritual". So there is still an echo (even if it is unsuitable for the rearing of the runes). - Because the people did not want to let go of their thing places, many of these places became church squares, places of justice, places of entertainment, cemeteries, theater squares, shooting festival meadows, sports fields, etc.

If even today in the churches, which stand on the old Thing squares, on the former places of education, people preach, rummage or act against the opinion of the people, this is not only a desecration of the people, who are thus misled, but also a desecration of the ground from which once radiated real salvation, racialism, which is the highest religious order. -

Only when the Thing squares are once again real singing squares and places of rallying, places where the exercises of racial gymnastics are not only shown to the full, but also practiced by the people, will the Thing squares once again be true Thing squares, will they once again be hundreds" of thousands of squares where the people become a r~~ace~~!

The people will, the time is not far off, run again. will race again, run together again to seal the turning point of all things and circumstances, will run again in the open air, together on the sacred ground of their old, but then again renewed Thing places, the places of rallying in the runic gardens of the race.

Lur message to readers!

The discussion of the rallying and rune leveling places must be interrupted here for the time being. In any case, it would have been impossible to include the description of the rallying and rune leveling sites in a double volume. In the next volumes of the Marby Rune Library, further important information on the area of rassing and runic places of revival will be provided with the addition of informative pictures and evidence.

The publication of further volumes is to be accelerated. The contents of the other volumes will finally bring clarity to some areas that have been kept in the dark until now. Readers of this double volume can therefore rightly look forward to the forthcoming volumes of the Marby Rune Library.

The author.

Preliminary remark

introduction to the Mardg-Nunen language

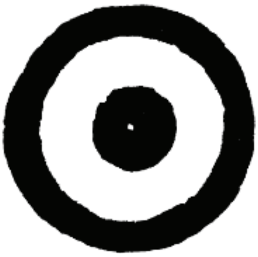
The following chapter of the book will begin the exploration and recording of language from the point of view that speaking is a dynamic act that can cause changes of various kinds inside and outside the body.

I have to speak of a "beginning" because, as is well known, the detailed study of the language, with special attention to the "Roughing of the Runes", cannot be done in one book, much less in one chapter of a book.

The purpose of the following general consideration of the Marby rune language can only be to briefly outline the basics of the dynamics of language and speech.

Further volumes of the Marby Rune Library will cover the whole area in detail.

The author.



Marby - Runes - Linguistics

On the dynamism of language

The world is a dynamic world. Being is dynamic. All life processes are dynamic processes, transformations, transformations of the one world-electricity, polarization, tension, relaxation. - Everything is based on the action of forces whose source is the electric^ sea of the universe.

All phenomena and manifestations are originally based on electrical values and their play. The dynamics of this interplay give rise to all processes, all phenomena of life. The speaking of certain sounds must therefore always represent a dynamic process, a transformation of electrical values into sounds or a transformation of sounds into electrical values and furthermore into a transformation of the so-called material substance. Speech is an unfolding of forces that can drive, transform, build up or break down. -

I had to draw this fundamental conclusion with regard to the nature of language and speech when I became aware of the nature of the world as a dynamic world. As simple as these conclusions are, they are not mystical. If these principles are new in the so-called scientific world, it is not my fault.

If all processes and phenomena in the dynamic world are of a dynamic nature, this also applies to language.

If the Germanic runes are the graphic images of the dynamics of the universe and of being, then the runic language is a dynamic language that was consciously used in the time of "runic knowledge" in order to gain influence on the dynamics of the world, of being and of life.

Our ancestors, who created runic gymnastics on the basis of their knowledge of the dynamic nature of the world and of events, must, I conclude, also have known how they could and had to make the images of force imitated by body position and movement speak and work of their own accord. Thus they became the creators of race and culture out of themselves. -

The dynamic world is sober but heroic. The battle between the conquerors of the world and the powers of nature is fierce.

Whoever explores the laws of nature and the laws of being, whoever does not allow himself to be surprised by their workings, whoever deliberately puts them into effect, is a designer and creator of the dynamic world and of being. And just as all creators create with the word, so too the rune practitioner creates with the runic word by murmuring runes. -

The sound areas created by a real language are effective force areas that accomplish something, create something. Real language is dynamic, containing force, transmitting force, transforming force, forming or influencing matter.

In the runic language, each word, indeed each vowel and each co-vowel, is a dynamic quantity. The value of the word lies in its dynamic value. It is not for nothing that word and value are so similar in sound.

Man is a world in miniature. All the values of the world were active in the construction of his spirit, his soul and his body.
> The world is spatial, criss-crossed by directions, filled with currents and vibrations of many kinds and, where it appears bound in its matter, limited and mobile in many ways and forms. All these peculiarities and conditions of the world have had and continue to have an effect on people.

The rearrangement and classification of the more or less solid matter goes hand in hand with sound phenomena.

in front of us. In the arrangement of vibrations, the wavelengths that we perceive as sounds are at the boundary between the so-called immaterial and material world. Every form of bound or solid matter reacts to the relatively low vibrations that we perceive as sound or noise. - The intermediary between unbound and bound, so-called solid, matter is sound.

The forms of so-called solid bodies and solid matter also contain a basic tone, a body sound, which resonates and resounds with the form and matter of the body, and can even change or dissolve. - In the same way, a body that is made to sound or produce a sound will propagate its form, its mass and its matter out into space.

This propagation, this influence on the environment, is by no means only of a phonetic nature. A certain tone in one octave causes all related tones in other octaves to resound. Thus the production of a sound vibration also has an effect in all other areas of vibration, which we know as the area of heat, light, electricity, X-rays, chemical rays, etc., and in such a way that a certain sound also produces a certain heat vibration, light vibration, electrical phenomenon, X-ray phenomenon, chemical phenomenon or change, etc. The same is true of a certain sound.

The sound and the Don, both related to each other to the point of unity, thus creep up all the yellow areas of the dynamic world. The corporeal, set in vibration, also causes the incorporeal world to vibrate and undulate (undulation).

The human body as an organ of speech, set into vibration by speaking, singing, shouting, screaming, has an effect on all areas of vibration and on all areas of materialization – and then on certain forms, if these formations are imitated (imitated) by the body as a whole and or by the organs of speech.--------------------- -

Man as the center of the world

The existing world surrounds us in the form of a sphere, with the forces of its radii and its matrices, as with the movements that take place within it. In this world, we are the center. Whether we know it or not, whether we want it or not: we are the center of our world, have been shaped by the forces of the world around us and have an effect on this world.

The various sealing states:

The world around us is in various states of denseness, and so is our body.

The currents and movements:

The world around us is permeated by various currents and movements, and these movements take place in different directions. These directions already exist, but are brought to life through movement in them. The directions either go towards us or emanate from us, or are directions that somehow intersect the directions that relate to us. Every de- motion around us also moves something within us, and the relationship of the external tension flowing into us, which becomes our internal tension.

The surface forces and the internal values.

The objects surrounding us, i.e. giving us something from the "around", transmit to us the surface desert of their outer form and a reflection (reflexion) of their color or their light, and further their inner value (material storage, warmth, vibration, etc.) with which they occupy, or occupy, or possess the space.

In a nutshell, these counter-states are additions to the space surrounding us, they are spaces of a special kind, forming and affecting and moving within the space surrounding us.

State, form, effect in rest, direction and kind of movement and effect of this movement, all that which makes the smaller or larger spaces within the one large space around us and within us become effective (carrying seeds of effect within them) in the form of certain polarities, currents and tensions, also as polarity, current and tension.

Tension - in the sounds of language and in the movements we express.

Inherent legality of identical forms.

Every shape has a certain intrinsic law that applies to the shape. The size in which the shape appears is initially irrelevant.

All balls, whether large or small, whether from this or of that matter, have the same relationships and proportions and therefore effects between center, radius (radius), angular value, diameter, circumference, surface area and occupation or displacement of space. According to these internal relationships and proportions, every sphere, whether small or large, acts in a spherical manner within itself and on its surroundings.

As a result of the similarity of their internal relationships to each other and the same apparent laws, not only do all spheres have the same effect on their surroundings, but all spheres are also related to each other in terms of this internal and external effect.

The same applies to the cube (cube, cuboid), as well as to all shapes that are identical to each other. - As a result of the internal law of the form, this form is in opposition to the same form, be it large or small, if only it has the same shape.

Our conclusion for dynamic language:

When we imitate with our body or with our speech eyes any form as it appears around us, we have an effect on this form.------------ -------- --

The corresponding electrical potential inherent in each form can also be achieved and represented through the linguistic imitation of the form.

We can imitate and evoke states of the larger world and processes in it by shaping and using our language tools.

Our language tools

The more the shape of the hard palate resembles a section of the surface of a sphere, the more effective is speech. The high palate found in a newborn is still regarded by the people today as a sign of good racial heredity.

A high palate forms a hall above the tongue, which is suitable for forming a very sonorous, clear pronunciation.

The high palate is usually associated with a large distance between the dental rakes, measured across the mouth. The tongue is usually shorter, more muscular and very suitable for the various different shapes of sounds.

The more animalistic, flat palate is usually associated with a narrower tooth position and a greater length of the oral cavity and tongue. The pronunciation becomes more unclear, blurred and hissing, emphasizing palatal and pharyngeal sounds. - So much for the shape of the palate.

If we look at or feel the palate, we notice that the palate in its front part up to about the height of the wisdom tooth does not yield to the pressure of the examining fingertip, but is rather hard. The back part of the palate is soft. This is why one speaks of a hard palate and a soft palate.

The soft palate is followed by the pharyngeal cavity, the pharyngeal cavity. This space is also considered a speech space and includes the larynx.

Behind or below the larynx begins the trachea with its branches, which open into the lungs that hold the air for speech.

The outermost, foremost boundary of our speech organs is represented by the lips. The rows of teeth and the inner walls of the tooth beds form a boundary that can be drawn further inwards.

The surface of the tongue and, in certain positions and shapes of the tongue, the tongue bed, in which the front part of the tongue is held by the lingual frenulum, form the floor of the lingual cavity, which varies greatly in shape.

In addition to the rhinopharynx, the speech cavity also includes the pharynx, the pharynx up to the larynx and the larynx.

In a broader sense, the organs of speech also include the chest cavity, the stomach cavity and all cavities of the body, namely

a) as spaces resonating with certain sounds,
b) resonating in their delimiting skins with certain sounds.

If our body works through the sounds of speech correctly, then over time, and this is decisive for the full effect of speech, the whole body becomes an organ of speech, namely as the speech generator that helps to form and vibrate speech.--------------------

The production of reverberation sounds.

Speech is not possible without using previously inhaled air. All speech air must first pass through the larynx and between the vocal cords.

If these vocal cords (and therefore also the throat) are made to vibrate, a reverberant sound is produced. Previously called a self-sound (vowel).

The runic language knows the following echo sounds:

1- With the largest, wide-open mouth, flat tongue position and resonance of the vocal cords, the capital "A".

2. With a slightly smaller oral cavity, and not so wide open, otherwise as before, the small "a".

3. With a slightly smaller but very wide and open mouth cavity, the tongue approaching the soft palate, otherwise as before, the capital "E".

4. On slightly less wide, even slightly smaller, open mouth, otherwise as before, the small "e".

5. With a slightly longer oral cavity, the mouth opening more narrowed, the large "Ö".

6. The mouth opening narrowed even more, the small "ö".

7. The back of the tongue is raised more, the big "O".

8. This narrows the mouth opening even more, the small

9. In doing so, bring the back of the tongue even closer to the palate, the capital "A".

„D“ 1v. thereby narrowing the mouth opening even more, the small "u".

11. The entire width of the back of the tongue is brought even closer to the palate, the mouth opening is even narrower and the "w" is pressed with the air of speech.

12. The entire length of the tongue is raised slightly more than with the "w", without pressing the air, the large

„U“.

13. The tongue in its entire length still; closer to the palate, otherwise as before, the small "ü".

14. Narrow the mouth even more by raising the tongue, the capital "I".

15. The tongue is raised and very close to the palate in its central part, the small "i".

16. The tongue almost touches the palate over its entire length, with the soft palate in the highest position and the "j" pressed into the air.

There is another order of the reverberation sounds, taking other aspects into account. For the time being, however, we will only refer to this order here.

The sound-sounds (colored with the sound of the vocal cords of the larynx) characterize the size and type of space represented by the pronunciation, from polarization to material binding.

A number of these reverberation sounds are referred to by science as "vowels". Official phonetics is content with the simple vowels a, e, i, o, u, ä, ö, ü and the diphthongs au, äu, eu, oi, ei, and speaks of short and long vowels. This labeling is incorrect The so-called "short" vowels require a completely different mouth position than the so-called "long" vowels. Both are therefore different in their dynamic value. In addition, the vowels referred to as "short" vowels are usually not pronounced short at all, as the pronunciation of the following words, among others, proves: Albert, silly, monkey, field, otter, corner, etc.

The so-called " short" vowels are sounds of greater value. They require more speech air than the so-called " long" vowels.
They have a completely different mouth position, a completely different sound and are therefore completely different sounds.

A phonetics theory that does justice to the dynamics of language and sounds cannot take into account the wildness of language and the terms that arise unknowingly of this wildness. -

Reverberant sounds or resonant sounds are those sounds in which the vocal cords of the larynx resonate. - From this and through the tension of the muscles of the speech organs, an electrical charge is transmitted to the sound, which propagates far beyond the range of the sound.

The more the vocal cords are tensed, the more polarization occurs.

All so-called "short" vowels are polarizing sounds. In addition, these vowels represent the largest space-wide vowels. Therefore, these vowels are the large vowels and in future we will write them with capital letters as A, E, Ö, O, U, Ä, Z, in contrast to the small vowels.

The so-called "long" vowels a, e, ö, o, u, ü, i, are more like breath sounds.

A transition from the "long" self-sounds to the

The " w" and the "j" represent the middle sounds. The " w" is created by tension in the air from the "u", the "j" is created by tension in the air from the "i". The sounds

"w" and "j" are pressed vowels, but are on the border to the middle sounds. We still have to count these two sounds as vowels because they have a strong sound.

However, since the "self-sounds" of the official phonetics are sounds of the hall of the oral cavity and reverberant spatial sounds, we call them reverberant sounds.

The following table of reverberation sounds indicates the order of the spatial sizes in the hall of the oral cavity and the compression stages of the world matter, represented in the oral cavity. The sound coloration accompanying the sounds corresponds to the actual tone of the states of matter.

The HaU sounds of the Nunen language

Kind Sounds	Room sizes and densification levels 1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
polarizing the room	A															
2aute of the polari rooms		a														
polarized space			E		Ö		O		U			Ü		I		
further polarizing sounds				e		ö		o		u			ü		i	
											w					j

TheDelimit sounds.

If we understand the reverberation sounds as spatial values, the question arises as to the boundaries of the spaces expressed by the language and their particular shaping.

Size ratios are already expressed by the width of the mouth cavity when pronouncing the hall sounds or echo sounds.

The nature of the boundary of the spaces, whether hard or soft, and furthermore, where it takes place and in what form, is determined by those sounds that the official phonology has so far described as consonants.

The rear boundary sounds.

A boundary of the reverberant space in the back of our mouth can occur at the soft palate and at the border of the soft palate. Approach or contact of the back of the tongue with the soft palate or the beginning of the hard palate creates the following posterior boundary sounds:

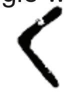
light closing: g, tight
closing: k.

The k in particular forms an angle at the back of the mouth, the opening of which is directed towards the front part of the oral cavity.

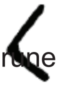
RearSpeech space Frontspeech space

The position of the angle when pronouncing the

"k".



The shape of the k-rune now also corresponds to this shaping of the speech space for good reason

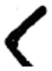
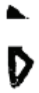


The rune "k".

As we see them in the Kilver- and in the Vadstena-Futhark, both found in Sweden. (See volume 1/2 of the Marby rune library, rune table at the end of the book).

With this rune shape, the shape of the back of the mouth when pronouncing the "k" is captured in the picture and how

This was the case with the " k", as it was with the " b". But with the runic "b", the angle is in a different direction, namely opposite to the angle of the rune "k".

 is opposite v 

> or

k Posterior closure - oral cavity - anterior closure b The anterior

boundary sounds.

This brings us to the front boundary sounds.
These are:

closing slightly t, p,
closing more firmly d, b.

The front boundary sounds have two different groups.

The sounds d and t, are sounds of delimitation, produced by tongue contact on the inner side of the upper anterior tooth bed. On the other hand, the sounds b and p are sounds of the boundary of the space in the oral cavity through! lip closure.

It should be mentioned that even today, in thousands of words that we find in almost all languages as remnants of the former Germanic world language, the spatial and boundary relationships of things that are indicated linguistically are also formed accordingly and imitatively with the mouth.

So much for the limiting sounds for now.

Themovement sounds.

Space matter can be in flowing or radiating motion if it is a matter of electrical space areas, voltages or radiation. Solid bodies can participate in "foreign" movements or be in their own motion.

The types of movement and the directions of movement follow the laws that apply where polarity and voltage, clamping and voltage equalization (electrical and magnetic) have an effect.

The movement of current-carrying spatial areas is represented and imitated by those sounds of movement that flow uninhibited through the oral cavity and equal the largest volume of air in the room in motion at any one time. These flow sounds are:

as rear flow sound: h (breath sound) as
front flow sound: f (blowing sound).

The other movement sounds: ch, l, s and ss, are sounds that indicate a particular type of movement (spiraling, circling, criss-crossing, straight ahead, swirling, knotting, etc.). The reverberation sounds "w" and "j", some of which contain de-motion values, are important here because they carry forward, spread or change the polarization of the noise in motion. (See the compilation on page 126/127). The sounds "w" and "j" are therefore partly reverberation sounds and partly diffusion sounds.

The sounds l, s, ss are also polarization sounds.

Sounds of a special kind.

The filling and frequency sounds.

The electrical state of the internal air flowing through the oral cavity (speech air) or of the lust enclosed in the oral cavity can still be changed by the filling sounds or frequency sounds, which generate special exciting or voltage-equalizing vibrations within the speech air.

These sounds are: ng, n, r, m. The sound "ng" is both a "filling" and a "limiting" sound.

– The sound "ng" in (la)ng, (ba)ng, (stre)ng is pronounced with the tongue positioned on the soft palate before pronouncing the "g", which is also formed on the soft palate. - The sound " n" is pronounced with the tongue positioned on the posterior side of the anterior upper dental bed. - The sound " m", like "n", is produced when the mouth is closed. The position of the tongue is not important. - With these three initial sounds, the speech air escapes through the breath.

The fulfillment (frequency) sound " r" is a tongue sound, the use of which accomplishes a strong tension of the speech air, or a palatal sound, which fulfills this task less.

On the next page I publish a table that gives an overview of the sound structure of the official phonology and then the dynamic sound structure of the runic language.

The official phonetics

The official phonology recognizes the following sound system for the German language:

1. The vowels:

a) Simple vowels:	æ i ä	o u ö ü
b) Diphthongs:	au eu äu	ei(ai)

2. The middle sounds (consonants):

	Stumme, Stummlaute Mutä		Semivowels, spirants			
			Hochlaute, Reibelaute, Spirants		flüſſig LaMe^ Liquidä	Naſenlaute Naſale
	harte oder ſtimmloſe, Tenues	weiche oder mmhaf ^Media^	harte oder ſtimmloſe	weiche oder ſtimmhafte		
Lippenlaute Labiale	p bf and v w					m
Zahnlaute, Dentale Zungenlaute	t			d ß and ss lr		ta "n
Cerebral (loud)			me			
Gaumenlaute Palatale *)				(Ych j		
eigentliche Kehllaute Velare *)	k		g (a)ch (h)			(ba)n(g)

There is also the palatal and (back) tongue sound "r".

As the above list shows, official science only establishes where the sounds originate and how the sounds occur. As far as I am aware, official science says nothing about the dynamism of language.

Incidentally, the above table can only provide a rough guide. This is due to the almost unlimited abundance of pronunciation differences that are possible. This is why scientific phonetics in particular is very controversial.

---

*) Kehllaute, Gutturale

The sound structure of the dynamic tune language

; according to the current state of my rune research.

Reverb lute

Spatial sounds, polarizing spatial sounds, spatial sounds o f different sizes (Hag sizes).

The order according to room size and the spelling is as follows: **A, E, S, O, U, Ü, I**

Echoing breath sounds

Space shock sounds, sounds of polarized space, sounds of spaces filled with electrical (displacement, current, substance) values and their relative sizes.

The order according to room size and the spelling is as follows: **a, e, ö, o, u, ü, i**

Polarization in second row amplifying reverb, breath, vlas, lisch sounds

For the polarized room size "u" as the sound of further and amplified polarization: **w**

For the polarized spatial variable "i" as the sound of the further and amplified polarization: **j**

Reverberation sounds that cause and indicate polarization, materialization, depolarization and de-stabilization

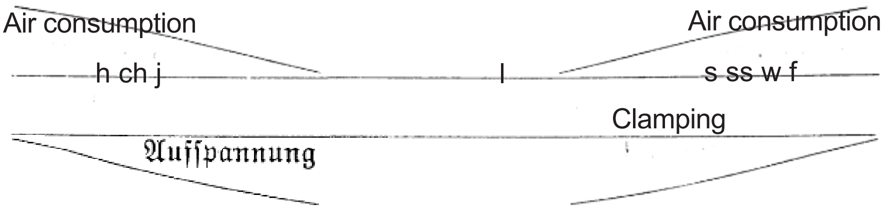
Richtung der		Richtur Mllen^ Nature, type	World Hag size		M , Stoff. C^rper r einung	Richtung der Compaction i deprivation of rights Berstofflichg.! Enrstofflichg.	
Polariſation	Ent= ! polariſatio						
↓	↑	A	1.	2.	a	↓	↑
		E	3.	4.	e		
		S	5.	6.	ö		
		O	7.	8.	o		
		U	9.	10.	u		
		Q	12.	13.	ü		
		I	14.	15.	i		

Limiting sounds

	Limitation location rear ! soft i Palate	hard Palate g	Boundary location at the front behind the Teeth	Teeth
Limitation soft			d	b
Limitation hard		k	t	p

Movement sounds

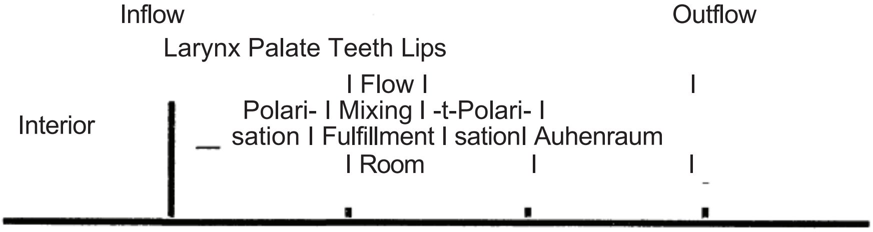
Breath-, flow-, dome-, swirl-, spike-, mas- sounds, more or less also polarization sounds.


Air consumption
Air consumption
h ch j
l
s ss w f
Clamping
Aufſpannung

Places of fulfillment

Frequency levels:	
1.	Fulfillment and limitation, soft limit: ng
2.	Fulfillment and reduction: n
3.	Fulfillment and directional increase: r
4.	Fulfillment and increase: m

The workshop of dynamic language in graphic representation-


Inflow
Outflow
Larynx Palate Teeth Lips
I Flow I
I
Interior
Polari- I Mixing I -t-Polari- I
sation I Fulfillment I sationI Auhenraum
I Room
I
I

Some reflections on the nature of the language

Edda wisdom and the present.

The entire human body is the organ of speech. It vibrates when the vibrations of speech take hold of it. In the inner spaces of the body, the cavities resonate in a very special way.

The cavities in the human body are man's inner world space, which is essentially the same as the outer world space, but is man's own property.

The abdominal cavity, the chest cavity, the space in the lungs, in the stomach, in the oesophagus and in the windpipe, in the throat, in the oral cavity, as well as in the nose and inside the skull correspond to the external free space because of their free space.

When speaking, the air of these inner spaces vibrates, similar to the air in an organ pipe. A certain resonance is certainly determined by the size and condition of the inner membranes of the body, but the decisive sound is produced by the air of these inner free spaces of the body.

According to the Germanic Edda, the world was created in Ginungagap. Between two poles of power, which are described as Aes and fire, the current was formed from which all matter was created. Oergelmir, the electric current that flowed between the poles, became matter. Drudelmir (the vortex created by the tongue) and Dergelmir (the conclusion reached by the lips) helped.

Mnungagap is the empty, young, yawning primeval space over there, apart from the world filled with matter, because "gin" -- over there, (beginning), "unge" --- young and "gap"
-- yawning.

The subconscious primordial world space still works in people today in the cavities of the body. Today the human body is still called "belly", Low German "Buk". The word "Buk" is connected with the word "Bock", a symbolic figure of the "Pan" known to the South Germanic peoples, who symbolized the spellbinding (then) begetting Allkrast. And the body of man and animal is still called "Pan-sen" in Rorddeutschland today. -

The upwardly rising maw of the inner cavities of the body, which ends in the soft palate, contains within itself the "cold pole" of the "Oergelmir" (the organizing current), the larynx. The subconscious, the instinctive, in the still unsubstantial

The "animal" realm of the pharynx, the throat and the soft palate expresses the slumbering of the body.

Spatial sounds, sounds of the world space, spaces of different sizes, differently polarized, are generated here and conducted to the other, to the "hot pole".

The other, the "hot pole" of the swirling current, is the Dorderzähne. From here the "Lrudelmir", which is then played on the lute in the area,

which come from the throat and pharynx of the body, have a tightening, regulating and shaping effect. Human consciousness, supported by the racy formation of the broad, high, hard palate, the short, broad, muscular tongue, the movable tip of the tongue and the locking teeth, allows the sounds that shape the world to emerge. - The lip sounds ("Dergelmir") then take on the final form. - More about this in the next volume of the Marby Rune Library.

Between the larynx and the area of action of the tip of the tongue and the lips is the small world through which we can influence the great world as creators and creatives through the consciously formed and spoken dynamic runic word.

On some causes of linguistic feralization.

When the Germanic race still dominated the whole earth, determining and guiding the higher development of mankind, the Gerans brought their runic writing and their runic language to even the most distant lands. There was no point in teaching people with flat, long palates, long tongues and snout-shaped mouths to speak the runic language. Thus the "language of the gods" was the language of the Germanic peoples, the initiated, the racialized^ and the runic signs were their signs, which the animal people could not understand.

Through the mixture of Germanic blood with the blood of the Diermenschen, however, the language tools of the descendants of this mixture were increasingly reshaped here and there. On the other hand, the linguistic tools of the Germanic people were reshaped where

The invasion of the Lier people into the northern residential areas of the Germanic tribes, Dlutmischung was the result.

The bastards of the south were taught some of the runic language by their racial fathers or mothers. But it mostly remained a theory, because pronunciation was still a problem, as we still hear today with the Jew, whose pharyngeal and rasal sounds got through. Since real success was not achieved in this way, all kinds of theories, which grew into "magical" systems and "religious" doctrines, overgrew the simple basic truths and the knowledge of the necessity of the racial, human formation of language tools and the value of race as the highest religious value of all.

The southern tribes were forced to come to power, even in the homelands of the Germanic tribes, when the Germanic race in their homelands was increasingly mixed with bastard blood, i.e. was de-raced. In addition, the southern church, which called itself Christian, and the bastards (Charlemagne) used every means at their disposal to suppress runic knowledge wherever possible. (Oak volume 1/2 of the Marby Rune Library).

Thus it came about that the racial-racial, dynamic formation and pronunciation of sounds and words was more and more forgotten and omitted. Thus it came about that the tongue-r is almost no longer spoken at all, and so it came to the so-called "sound shifts", and to the terrible loss and intensification of pronunciation. Thus the tongue-r almost completely disappeared and made way for the palate-r, so that the sharp "fk" was replaced by the animal sibilant sound
"itself" was preferred, so " stone" became the pronunciation
"Schtain", so the pronunciation flattened and spoiled in every nook and cranny. In the so-called "Plattdeutsch", which did not undergo the last sound shift, we still find a lot of valuable pronunciation.

The blame for the feralization and degeneration of language lies in the rustiness, in linguistic habits that have their origins in laziness, and in the blindness, ignorance, pomposity and lackeyship of the people who are involved.
"educated" circles in Germany and the other Germanic countries. Individual warnings have always been inconvenient, and will continue to be so as long as the true nature of a

consciously human language as a dynamic language is not generally recognized and respected in language use.

Further information on this area will be discussed in other volumes of the Marby Rune Library.

On some of the consequences of linguistic savagery.

It is obvious that linguistic depravity in the Germanic countries had far-reaching consequences. However, a clear view of the consequences of language degradation can only be gained if we know that speaking is a dynamic process. Certainly, even without knowing about the dynamics of language, one can conclude that the dilution of a people's language can damage the feeling of the national community or the national feeling. Who the term "national" is a fluctuating term, depending on the course of time. More valuable and more enduring than the national concept and the concept of the national community is the soul of the common folklore arising from the communal soul of the clans, which expresses itself outwardly in the common language, in common customs, traditions and traditions. The Volkstum is always an expression of one side of racialism, which is anchored together in the blood and sap, origin and nature, customs and traditions of the one race. This racial identity is of course greatly damaged if the language is allowed to run wild, mixed with foreign values or even completely suppressed, as is the case with parts of the people who live in foreign countries, because this damages the root of the people's strength.

It doesn't matter which language you speak. What is certain is that every language is dynamic in a certain way. The only question is in which way and direction and then how strong the dynamism of the language is. If a language lacks the polar values of dynamism to a greater or lesser extent, or if it strongly favors one dynamic pole, the result is necessarily mental and physical damage to the people who speak this language.

It may be that this assertion seems a little far-fetched. Let us read on.

The alternating shaping of our speech values during the process of speaking is achieved by muscles and muscle groups. The different muscle tensions determine the shape of the larynx, its position, whether low or high, the tension of the vocal cords, the regulation of the breath, the shape and position of the tongue, the shape and position of the lips, the position of the chin, etc. - All muscle groups and muscles are directed by their functional nerves, brought to tension or relaxation, or maintained in certain tension positions. - All these functional nerves end in the brain, in the thinking center of the human being, receive their stimulation and their commands via the brain and also request the nerve current from there that they need to activate the muscles. - Of course, the same also applies to all the functional nerves of the locomotor system, which means that speaking in harmony with certain body positions and movements must have a particularly dynamic effect!

A clean, clear, thoughtful speech naturally requires a well-balanced stimulation of the functional rer ven from the brain and thus also creates a conscious thinking that continues to have an effect even when not speaking. A clear shaping of the pronunciation and of what is to be spoken requires clear thinking beforehand. The mastery of the good form of speech is the result of the mastery of the thought material through conscious thinking activity. - A degeneration of speech therefore also degenerates thought, reduces the ability to think and causes laziness of thought, the worst disease of mankind. A people that allows its language to degenerate no longer thinks, and thus loses the right to freedom, development and existence. -

The peculiarity and power of speech, the influence of speech and the dynamism of speech are also based on the following, which has not been considered anywhere or at all so far:

Nerves that end in the oral cavity originate from the eyes and the inner ear. This means that the speech nerves are directly connected to the eyes and ears. Via these connecting nerves, the eyes and ears pick up electrical stimuli that are generated in the oral cavity by speech. - On the other hand, a particularly strong impression made by the eyes or the ears causes currents to flow through these nerves, which influence the position of the chin and the opening of the oral cavity, and opening the mouth causes "seeing" and "listening" via the speech organs.

cause. Children and adults unconsciously open their mouths when they are surprised or overwhelmed by an impression through their eyes or ears.

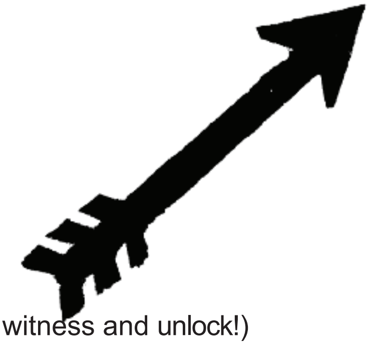
The nerve connections between the organs of speech on the one hand and the organs of sight and hearing on the other suggest that it is possible to consciously influence the functioning of the eyes and ears via the organs of speech by means of a way of speaking in which electrical currents are generated in the oral cavity, which are then conducted to the eyes or ears. Hundreds of Runic practitioners have reported that their eyesight and hearing have improved significantly since they have been doing Runic exercises combined with conscious, dynamic speech. - From this we can deduce that, on the other hand, damage to the visual acuity of the eyes and the hearing ability of the ears, and of course also to the olfactory ability of the runes, can result from speech indulgence and careless speaking. -

But we become even more aware of the importance of dynamic speech and the danger of language overuse when we consider the following facts and connections, which have also never been taken into account:

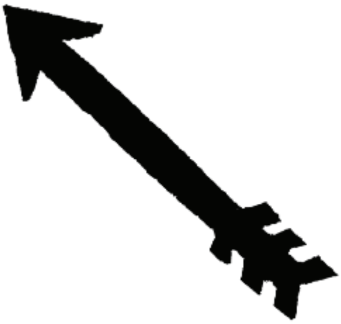
Inside the mouth cavity there are over two hundred vein endings. The nerves are connected to all areas of the autonomic nervous system. connection: the electrical values generated by conscious dynamic speech in the oral cavity are, depending on where they are generated, excluded from certain nerve endings and transmitted to the relevant autonomic nerve area. vegetative nerve area area. Since the vegetative nervous system controls all subconscious processes, including the secretion of the internal glands, digestion, the regulation of cellular life, the activation of the sensory impulses, and many more, we also gain influence through dynamic speech. on our vegetative nervous system. Thus, without great effort, with conscious application the dynamic runic language, and especially in connection with the matching postures and movements, the greatest, hitherto never never imagined healing possibilities that have never been imagined before. - 2n thousands of cases, rune practitioners have achieved success in this way, as has also been notarially confirmed, since I announced the system of runic gymnastics.

In view of these connections and facts, it is reasonable to conclude that general speech degeneracy and inadequate pronunciation, which is incapable of producing favorable electric fields and values in the oral cavity while respecting the poles of speech, must lead to the fact that whole populations become mentally and physically weak, ill and susceptible to all kinds of depressing and demoralizing influences. - - -

I have just touched on some of the damage caused by language overuse and inadequate, unclear and incorrect speech formation and pronunciation. However, the number of defects is much greater than those mentioned here. It must be left to later volumes of the Marby-Runen-Bücherei to provide further important information here.



(I witness and unlock!)



(I witness and wrap!)

The names of the individual flufrass and tunen udungen

It has been shown that it is necessary to describe the individual runic exercises, runic postures. Raun exercises, breathing exercises, movement exercises and thinking exercises, so that in the later volumes of the Marbh Rune Library, in the Rune Courses and elsewhere a brief indication of the number and page will suffice.

For this reason, in future all Runic exercises and also the previously published exercise books should be numbered. - For this purpose, the exercises published to date will be marked again in the next section.

In future, the number and type of exercise, the page on which it can be found and the volume of the Marby Rune Library containing the exercise in question with all further explanations will be indicated.

Under which names in Lnkuust the body positions, positions of limbs, movements, Uaunüdullgeu etc. run-

The body and its limbs.

G -- Total body posture K ---
Head posture
A--Arms
OA --- Upper arm
UA --- Lower arm
RA--Right arm
LA^ Left arm
ROA--Right upper arm

LOA left upper arm H-
hands
RH-Right hand
LH - Left hand D
-- Yours
RD-Right Your
LD -Left Your

OS - Upper thigh US -
Lower thigh
ROS -- Right upper leg LOS -Left
upper leg
F-feet
RF -Right foot LF-
--Left foot

Types of exercise.

E - Introductory
exercise M - Medium
exercise
R - Rach exercise
D - Thinking
exercise
R - Runic breathing
exercise DU - Continuous
exercise

L - Loud-
Lbung L-Lon-
Ubung
LT --- Sound-sound
exercise S --- Self-help
exercise
2 -Odrott (de-movement)
exercise
O - Location-based exercise

The same in alphabetical order.

A - Poor D -
Yours
D - Thinking
exercises DU -
Continuous exercise
E --- Introductory
exercise F-feet
G --- Total body posture
H-hands
2 -Idrot (Dewegungs)- Äbung
K-head
L-sound exercise
LT - Loud-sound-
activation LA-left arm
LD--Left Your
LF --Left Foot
LH--Left Hand
LOA - Left upper arm

LOS - Left upper leg M-
middle limb
R - Rach exercise
O - Localized exercise OA
upper arm
OS - Upper thigh
R - Rune Breathing
Exercise RA-Right Arm
RB-Right your
RF-Right foot
RH-Right hand
ROA-Right upper arm
ROS - Right upper leg S - Self-
help exercise
L - Sound
exercise UA
lower arm
US - Lower thigh.

We can see from examples where we will now find any exercise recommended in the future with its further explanations.

The first rune exercise can be found on page 71 of volume 1/2 of the Marby Rune Book, 1st edition.

That would be:

Gesamt-Körper-Haltungs-Uebung 1, page 71, volume 1/2 of the Marby-Runen-Bücherei, 1st edition.

Abbreviated:

(G. 1 - p. 71, Dd. 1/2 MRB., 1)

Or:

Lon-Uebung 9, page 72, volume 1/2 of the Marbh-Runen-Dücherei, 2nd edition - that would be abbreviated:

(L. 9 - p. 72, Dd. 1/2 MRB. 2)

The exercises that have been published so far are listed below, followed by further exercises that have not yet been published:

In accordance with the principle:

From the deepest immateriality,
wrestle your way up to the
Godhead!

We begin our exercises with the pure reverberation sound of the deepest materialization and greatest directional power, init, the "i". - From there we proceed to the " I" exercises. The other exercises follow in this order.

The "j" and "w" rune exercises are given special treatment.

And so, at the same time as the numbering of the rennet and rune exercises given so far, we want to include the first rune exercises, which were given in volume 1/2 of the Marby rune library, in order to have a complete whole in the book series "Rassische Gymnastik als Aufrastungs- weg".

Runic gymnastics is racial gymnastics. - I did not emphasize this in the years in which volumes 1/2 and 3/4 of the Runen-Dücherei were published, because there was not yet time. But I pointed out that 'runic gymnastics is the gymnastics of the Germanic race and its path to race and red turning. I would give Marby's runic gymnastics a thousand other frames if I could thereby induce the Germanic peoples to do the runic exercises, for the daily exercise is the main thing, the effect is either way in a restorative, clarifying direction.

The first exercises - the i-Lune

Exercise time: always. Exercise location: wherever possible. Purpose of exercise: Strengthening the body. Liberation' from waste products. Liberation from mental inhibitions, strengthening of the ego-consciousness, all-round rejuvenation.

i-Rune shape exercise.

Runes position:

(Here G. 1 - p. 138, Dd. 5/6 MRB.)
(also G. 1 - p. 71, Dd. 1/2 and p. 105, Dd. 3/4,MRB.)

1. Body erect, eyes straight ahead, chin tucked in, shoulders slightly raised, chest arched, low back hollow, abdomen drawn in, knees pushed through. When standing: feet
!Standing at a right angle. When walking: feet set straight out. Arms slightly hanging, elbows bent forward, hands flat in front, shell-like. Overall: basic military stance.

(Here G. 2 - p. 138, vol. 5/6 MRB/)
(also G. 2 - p. 71, Dd. 1/2 and p. 105, Vol. 3/4, MBB.)

2. Seated body. Upper body position as before. Knees held slightly together, feet together. Palms resting lightly on the knees. Arms resting.

Here G. 3 - p. 138, vol. 5/6 MBB.)
(also G. 3 - p. 71, Dd. 1/2 and p. 105, Dd. 3/4, MBB.)

3. Walking body. Upper body as in front, arms slightly moved at the elbows, palms slightly forward like shells. Pushing off the back foot through the big toe.

It must be practiced daily. Lifters are asked for their address. Advice is given as far as time permits. Two hot baths a week are good for removing waste products. Where ulcers appear, this is a sign that the body is cleansing itself. However, hot baths and colonic irrigation help here. The first thing to do is to cleanse the body and get it under control. No harm can come from the exercises.

Further positional exercises are given in other rune books.

Beware of hatred, envy and brutal thoughts of love.

Be sparing sexually without forcing yourself. Reason decides. Be prepared for growth in every respect.

The rune form exercise is followed by
the rune speech exercise.

(Here L. 4 - p. 139, Dd. 5/6 MRD.)
(also T. 4 - p. 72, Dd. 1/2 and p. 106, Dd. 3/4, MRD.)

1. Inhale. Duration 5 seconds - seven steps in the usual gait. For now, aim for longer; if you cannot inhale this deeply, progress slowly in duration and inhale at about 4 steps for now.

(Here T. 5 - p. 139, Dd. 5/6 MRD.)
(also T. 5 - p. 72, Dd. 1/2 and p. 106, Dd. 3/4, MRD.)

2. Sing the "i" softly. Initially in a pitch that suits you best. But do not sing with a wide mouth. Practice several times and daily

(Here L. 6 - p. 139, Dd. 5/6 MRD.)
(also T. 6 - p. 2, Dd. 1/2 and p. 106, Dd. 3/4, MRD.)

3. From this note, go up in pitch without taking the scale into account. Do not pause during the change of tone. Practice several times a day.

(Here L. 7 - p. 139, Dd. 5/6 MRD.)
(also L. 7 - p. 72, Dd. 1/2 and p. 106, Dd. 3/4, MRD.)

4. Hold the "i" for about 10 seconds - 12 steps - and longer. Practice several times a day.

(Here L. 8 - p. 139, Dd. 5/6 MRD.)
(also T. 8 - p. 72, Dd. 1/2 and p. 106, Dd. 3/4, MRD.)

5. Let the sound flow through the body from bottom to top. From top to bottom and then from bottom to top again, i.e. start in a low tone. Raise the sound upwards, then drop back down again in the sound (siren). Duration of the "i": about four seconds is the maximum time for the time being. Practice several times and

(Here L. 9 - p. 139, Dd. 5/6 MRD.)
täglich. 9 - p. 72, Bö. 1/2 and p. 106, Dd. 3/4, MRD.)

6. The same, only from the lowest note to the highest,
(al7 can be sung quietly without effort. Practice several times a day.

der (Here T. 10 - p. 139, Dd. 5/6 MRD.)
ſp I L. 10 - p. 72, Dd. 1/2 and p. 106, Dd. 3/4, MBB)

7. The same, but start with the high Lon and skip to the
(allowest Lon. Practice several times a day.

der

(Here L. 11 - p. 140. vol. 5/6 MRB.)
(also L. 11 - p. 72, vol. 1/2 and p. 106, vol. 3/4, MRB.)

8. The same, but start on the low note and skip to the high note. 6th, 7th, 8th Duration of singing the "i" for about 4 seconds. Practice several times a day.

9. You must proceed with exercises 1-8 in the correct order. The next exercise should only be carried out gradually. So: First get used to breathing in correctly. Since you can inhale correctly, you first exhale fully. The exercise of exhaling and inhaling should always be practiced during walks. The second exercise should be practiced alone for at least 7 days. On the 8th day you start the third exercise and continue the second exercise at the same time. After another seven days, the fourth exercise is added and so on.

This is the slow way. It is the safer way. Do not skip a day of exercise. 2 The total exercise time is half an hour to an hour. However, you can also go faster.

For some practitioners, the effect of the "i" on the body will be immediate. These practitioners can shorten the time until the next exercise is started up to four days. I do not recommend shortening the time any further. 6 Only in cases of the highest red can further abbreviations be made. However, anyone who progresses in a shortened time must of course also practise for a longer time each day. The safest way is the slow way, if only so that the mental and physical transformation does not have a critical effect in mood crises and physical cleansing crises.

Above all, it is important to first adjust the body to a conscious ego direction and to allow it to take effect in the body in sound. In the upright conscious posture we have before us the basic military position, proof that something of the old runic training methods was still preserved in the training system of the old army. But this posture merely served to make the body of the recruits and soldiers into a antenna capable of receiving.

, ! . j -

So what was practiced in the Prussian army back then was already runic magic. For us, it is now about making ourselves receptive to the I-runes direction and powers. But we don't make ourselves receptive so that others can command us, we command ourselves.

Always and at all times, when we assume the I-rune position, we have the thought within us that we want to absorb from the infinite expanses of heaven and from the center of the earth, two opposing directions, forces flowing towards each other, so that they become I^-conscious in us. In this way we bring into ourselves consciousness of eternity from the infinite spaces of heaven, as well as consciousness from the history of the earth's development. A tremendous power, which only comes into effect in us according to our measure, then flows through our physical field of sensation (spiritual aura), our life force field and our body when we consciously adjust ourselves in the direction of this power.

We become an ego-conscious pillar, the ego rune itself, in daily mastery of this current. We become a personality of our own, an individuality. Once we have become this, we will progressively create from the forces of heaven and earth what we need to fight for our existence and to fight for our brothers and sisters in the present and future.

Your thoughts on the i-Rune exercise.

(Here D. 12 - p. 141, Dd. 5/6 MRB.)
(also D. 12 - p. 74, vol. 1/2 and p. 108, Dd. 3/4, MRB.)

"I want to be an antenna for the rays and waves of the elemental force that continue to evoke and strengthen the I-ness in me!

I want to experience everything "I-consciously", do everything "I-consciously" in the future, I want to be "I-consciously" my own!

There I draw strength from the deepest This, from the sphere of the earth, and from the greatest height, from the sphere of the Supermundane Space, the two sources of physical and spiritual-mental life, by adjusting myself in the direction of both sources, stretching and stretching, and directing the currents of these fields of force through me!

Since sacred scripture, sacred word and sacred deed are in harmony, I form the I-rune with my body, speak, hum the self-sound "i" and thus in fact bring my body to fine rhythmic vibrations in a vibration number that corresponds to a certain cosmic ray, the ray of the I-rune, and that wave, which is now conducted through my body, "transforms" the I-consciousness of the universe in my body into my own I-consciousness!

My body is now the antenna of the most sacred I-consciousness ray that weaves through me from millions of light-years of space to the center of the earth!

I arrange all the currents flowing above, below and beside me, even of the finest kind, parallel to my body, so that these currents calm me, strengthen me and make me submissive!

Something in my body is blossoming. Of its own accord, it always wants to adjust itself in the sacred direction of the "i" runs. The upright human being is the "i" rune, the I am the "i" rune. The direction from top to bottom is the direction innate to me, formed in flesh and blood!" -

The first successes of the i-Rune exercise.

1. A sudden, noticeable warming of the whole body and a wonderful invigoration and revitalization.
2. A feeling of lightness, of being alone and a joyful feeling of being secure in eternal powers and forces floods the whole body, indeed the whole soul.
3. A feeling of vitality and energy throughout the day.
4. The mind becomes clearer, the heart calmer, the whole attitude more hopeful and confident.
5. The whole being radiates more awareness. Wherever you go, you will be warmly welcomed. Disputes and disagreements and disharmony disappear in the surroundings; either by themselves or when one only attunes oneself to the "I-rune" in one's thoughts and also thinks in one's thoughts that one is murmuring this rune in the "I-rune" position outdoors. In this gaze one places the field of the "I-rune" out of oneself into one's surroundings and creates calmness and clarity according to one's will.

Application of the i-Rune exercise for diseases of the own body.

(Here p. 13 - p. 143, Bö. 5/6 MRB.)

(also p. 13 - p. 75, Vol. 1/2 and p. 109, Dd. 3/4, MRB.)

Blood rushes to the head:

Practice standing or walking or sitting. Start with the highest Don, let the tone sink slowly, hold the tone at the bottom for a while. Practice for about 5-10 minutes.

Dom doctor or healer is not held.

Poor blood circulation:

(Here p. 14 - p. 143, Dd. 5/6 MRB.)

(also p. 14 - p. 75, vol. 1/2 and p. 109, vol. 3/4, MRB.)

Also with inadequate blood distribution:

Practice standing, sitting or walking. Start with the lowest tone, raise the Don, then lower it again, change the volume. Practice for about 10 minutes or longer.

Dom Arzt or Heilkündigen is not held back! (Here

p. 15 - p. 143, Dd. 5/6 MRD.)

(also p. 15 - p. 75, Dd. 1/2 and p. 109, Dd. 3/4, MRD.)

Glandular function, deficient, general:

Practice standing up, preferably alone in the room. Change the sound until the best vibration is achieved. Also change the volume. Often play the sound at one pitch.

Dom doctor or healer will not be held!

(Here p. 16 - p. 143, Dd. 5/6 MRB.)

(also p. 16 - p. 75, Dd. 1/2 and p. 110, Vol. 3/4, MRB.)

Accumulation of gas in the body:

Practice standing up. Change the tone and volume frequently.

(Here p. 17 - p. 143, Dd. 5/6 MRB.)

(also p. 17 - p. 75, vol. 1/2 and p. 110, vol. 3/4, MRB.)

lack of vitality, congenital or obvious:

(Here p. 18 - p. 143, Vol. 5/6 MRD.)

(also p. 18 - p. 75, Dd. 1/2 and p. 110, Dd. 3/4, MRD.)

Also shivering, tiredness, despondency: standing or sitting. (Do not forget to breathe deeply). Sitting or walking with toes off the ground. Rocking on the tips of your toes. Hold the tone in the position that vibrates most strongly in the body, namely in the back and in the chest.

Dom doctor or healer will not be switched off!

(Here p. 19 - p. 144, Dd. 5/6 MRD.)
(also p. 19 - p. 76, Dd. 1/2 and p. 110, Dd. 3/4, MRD.)

Back pain:

Practice walking, standing and sitting. Pay attention to your posture despite the pain. Stretch the spine more often, first the left shoulder up, then the right. Hold the note that resonates best in the spine. Finally, keep the lunge down.

Dom doctor or healer is not held! (Here p. 20 - p. 144, Dd. 5/6 MRB^)

(also p. 20 - p. 76, Dd. 1/2 and p. 110, Dd. 3/4, MRD.)
Dei all diseases
and their elimination through runic exercises:

Never forget: First exhale deeply, then inhale deeply. Maintain a full, calm breathing rhythm at all times. Best time to practise: One hour before sunrise "to three hours after sunrise.

Dom doctor or healer will not be held!

The i-Rune exercise and its effects
are explainable
with regard to their physical, mental and spiritual
condition:

- Here now follow important explanations which are to be found in Dand 1/2 and 3/4 of the Marby Rune Library, but which we must omit here due to lack of space. -

The following is a list of the previously published exercises of the rune-breath-teaching, published in volume 3/4 of the Marby-Runen-Dücherei.

We cannot list the contents of these pages in full, but we have marked the individual sections and exercises here. Please read the detailed description in Dand 3/4.

(Here R. 38 - p. 144, Dd. 5/6 MRD.)
(also R. 38 - p. 93, Dd. 3/4, 1)

Introduction to the rune-breath teaching.

(Here R. 39 - p. 144, Dd. 5/6 MRD.)
(also R. 39 - p. 93, Dd. 3/4, 1)

The exhalation exercise.

(Here R. 39b - p. 144, Dd. 5/6 MRD.)
(also R. 39b - pp. 94-96, vol. 3/4, 1)

The environment as a source of power. - Don the magic of breathing. -

(Here R. 40 - p. 145, vol. 5/6 MRB.)
(also R. 40 - p. 96, vol. 3/4, 1)

Conscious exhalation and inhalation is an act of will!

(Here R. 41 - p. 145, vol. 5/6 MBB.
(also R. 41 - p. 97, vol. 3/4, 1)

The sphere of consciousness and its center. - All around --- Breathe in and all around --- Breathe out.

(Here R. 42 - p. 145, vol. 5/6 MRB.)
(also R. 42 - p. 97, 93, vol. 3/4, 1)

Inhaling the spherical forces, exhaling and volitional exhalation in one direction. - All-round inhalation and directional exhalation.

(Here R. 43 - p. 145, vol. 5/6 MRB.)
(also! R. 43 - pp. 98, 99. vol. 3/4, 1)

Breathing in a directional force, breathing out and sending out will all around.

(Here R. 44 - p. 145, vol. 5/6 MRB.)
(also R. 44 - p. 99, vol. 3/4, 1)

Breathing in a directional force and sending the will in a certain direction.

(Here R. 45 - p. 145, vol. 5/6 MRB.) (also!
R. 45 - p. 99,100, vol. 3/4, 1)

Inhale your key and protective rune, its strengthening, its mission and its effect.

The designation of the i- and Z-runeshape exercises,

The following is given at length on page 113, volume 3/4 of the Marby Rune Library:

1 .hands position:(Here p. 46 - p. 145, vol. 5/6 MRB.)
(also G. 46 - p. 113, vol. 3/4, 1)
2 Hänös position:(Here p. 47 - p. 145, vol. 5/6 MRB.) tauch G. 47 - p. 113, vol. 3/4, 1)
3 .hands "position:(Here p. 48 - p. 145, vol. 5/6 MRB.) (also G. 48 - p. 113, vol. 3/4, 1)
4 .hand position (here p. 49 - p. 145, vol. 5/6 MRB.)
(also G. 49 - p. 113, vol. 3/4, 1)

Further rune and rasping exercises now follow.

The HaU-Nuns and their exercises

The reverberation runes corresponding to the various large spaces of the world (in various densities) are to be practiced first.

den
und

How to pronounce the reverb sounds:

i as in Dina, Igel etc.
I " " guild, fervor etc. ü " "
overconfident, evil etc. 1t
" " happy, ventilate etc. u
" " you, courage etc.
U " " Mother, Luther etc.
o " " clear, red, etc.
O " " often, otter,
etc. ö " " barren,
loosen, etc.
O " " public, spoon etc.
e " " Clay, sinew, etc.
E " " elk, money etc.
a " " noble, but etc. A
" " Alps, therefore etc.

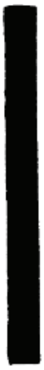
Lind the rune positions:

I now present the basic positions of the reverberation runes and the corresponding reverberation sounds in around 50 illustrations. The pictures showing the rune positions in front and side view are decisive for the body positions to be used when speaking the corresponding sounds. The relevant posture can be assumed in tension (muscle tension) and relaxation (muscle relaxation). The postures indicated in the sitting position should be used where it is not possible to lie in a standing position. - For the time being, the rules given for the i-rune are decisive for the pitch and the tone change in which the sounds are spoken or sung. -

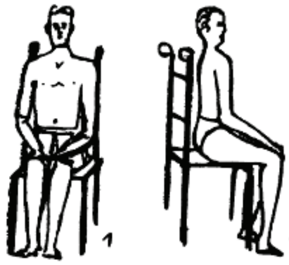
All the exercises listed below are equal-half exercises, except for the last position of the O-rune, which is an unequal-half exercise. It should be mentioned that this exercise (left hand raised) is an exercise to clarify and strengthen the maternal inheritance. - If the right hand is raised against it, one achieves in this exercise

(Continued on page 152.)

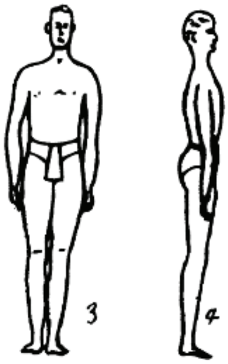
The reverb sound I



The "is-"
(I-)



A
Runein the



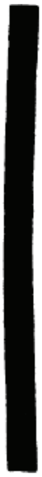
body shapeA body shape
seatin the stand

The starting exercises.

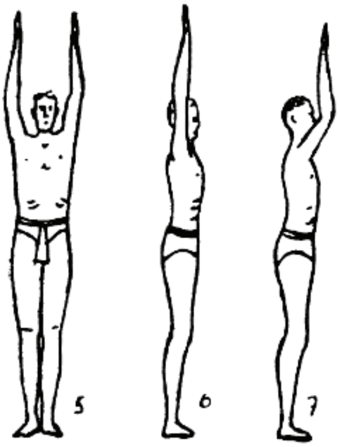
Speech sound i.

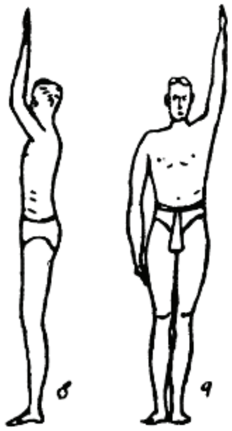
Described in detail as G 1-3, volume 1/2 page 71, volume 3/4 page 105, volume 5/6 page 138. The form exercises and more: volume 1/2 page 72, volume 3/4 page 106, volume 5/6 page 139/140 of the Marby Rune Library.

The HaU-Ltmt I



The "is-"
(I-)





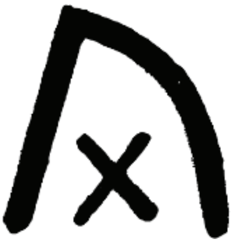
1. and 2. body shape The maternal
inStatus
Position favoring
inheritance

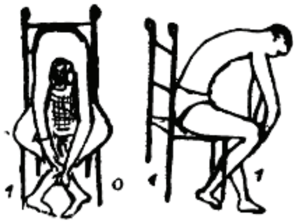
Positions of the 2nd exercise series.

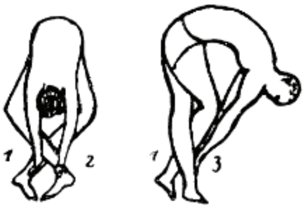
Speech sounds I and i.

Introductory treatment as G 46-49 page 145 volume 3/4 of the Marby rune library. Detailed description and training instructions follow in volume 7/8 of the Marby rune library.

The reverb sound ü





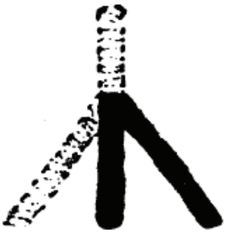


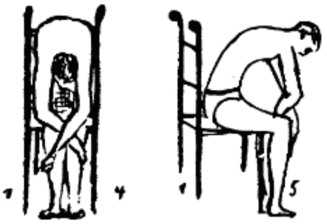
The yr- (y-, ü-) A body shape
Runei
m seat

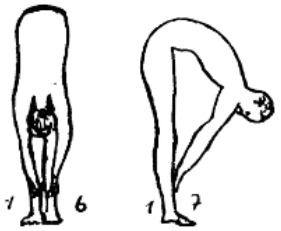
A standing body
shape

Positions of the 3rd row. Speech sound ü

The HM sound ü





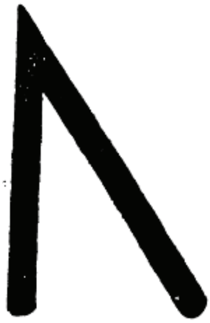


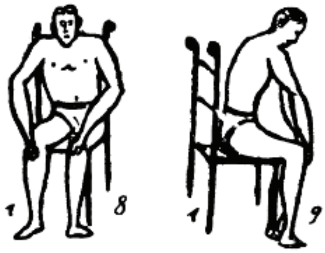
The yr- (y-, ü-) rune A body form
man)
insitting

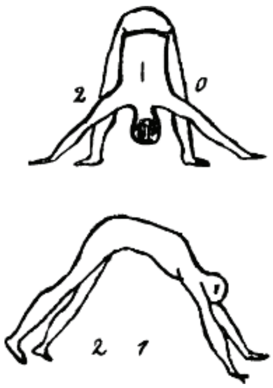
Abody form (Ar-
standing

Positions of the 4th row. Speaking sound 1t

The reverb sound u







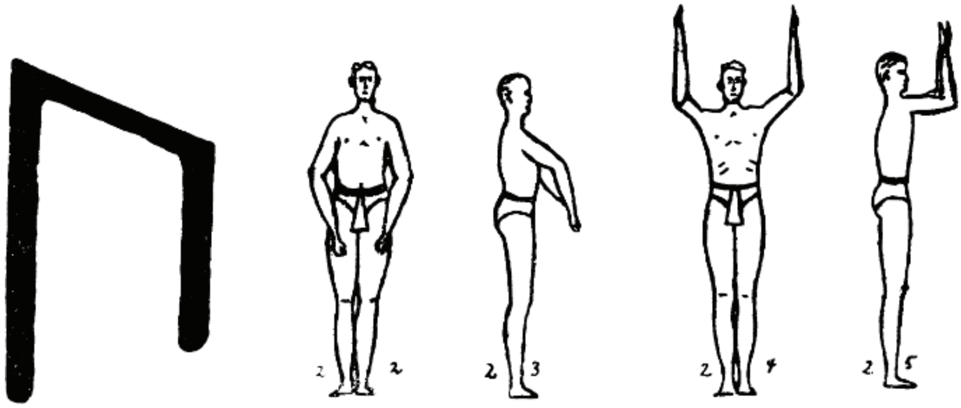
The "r" ("-,) rune A body shape
while
and standing

Abody shape
sitting

Positions of the 5th series. Speech sound u.

The detailed description and training instructions follow in the other volumes of the Marby Rune Library.

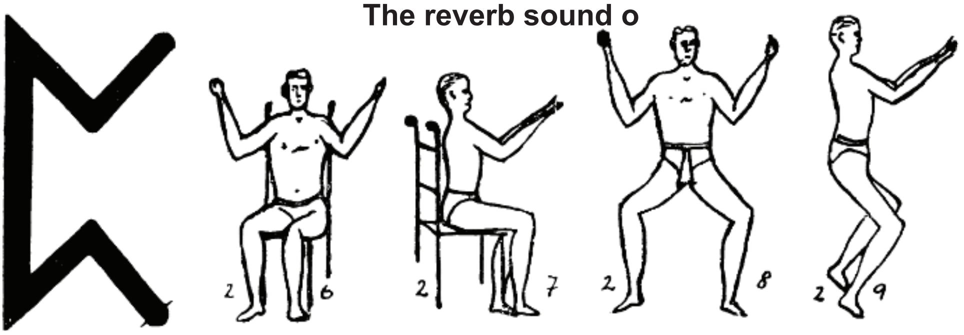
The HaU sound U



The ur-(u-) rune A body shape
at a
standstill
A different body
shape when
standing

Position"" of the 6th exercise series. Speech sound U.

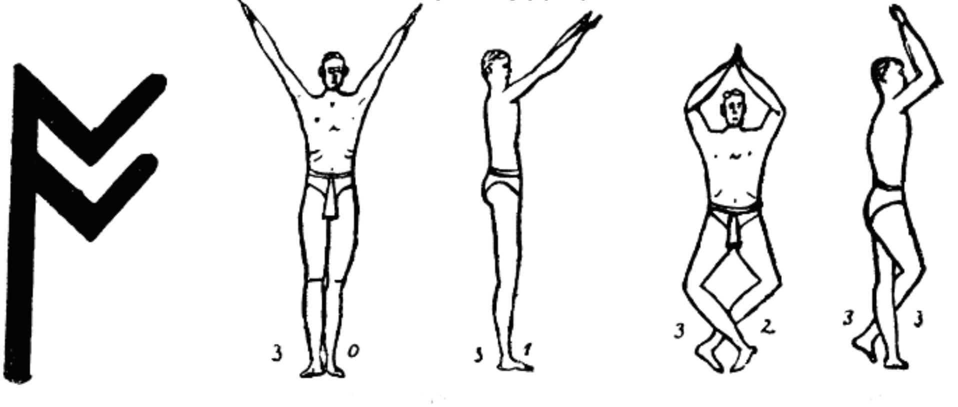
The reverb sound o



The perd- (o-) A body vrm A body shape
RuneimSeat
Standing

7th row positions. Speech sound o.

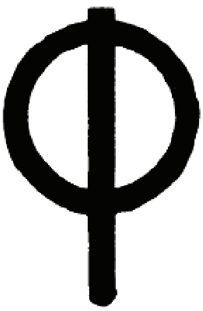
The kM sound D

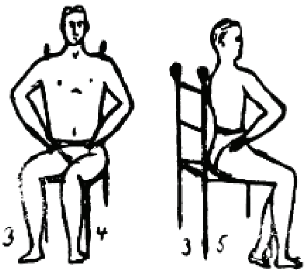


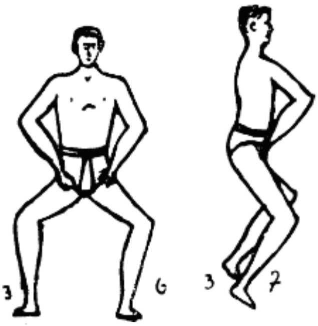
The os- (o)- rune A body form
Another body- (ol-rune)
form in the stance
in thestance

Positions of the 8th exercise series. Speech sound O.

The HaU sound ö





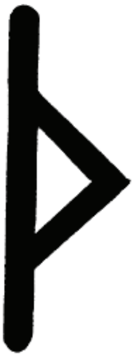


The ger- (ö-) rune A body shape (also) in the seat

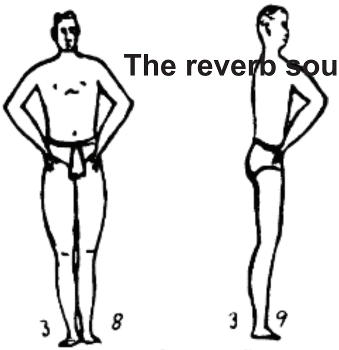
A different body shape when standing

Speech sound ö.

Positions of the S. Exercise Rcihe.



The reverb sound G

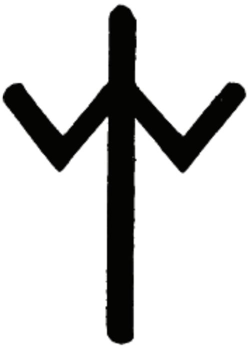


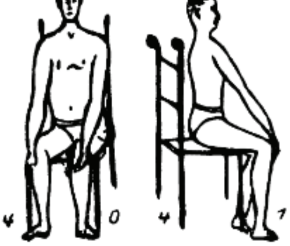
Die thorn- (ö-) Rune Eine Körperform im Stand

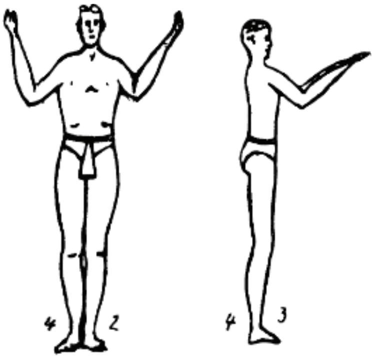
The detailed description and exercise instructions will follow in further volumes of the rune library.

Positions of the 10th row. Speech sound L>.

The Hall-Laul e



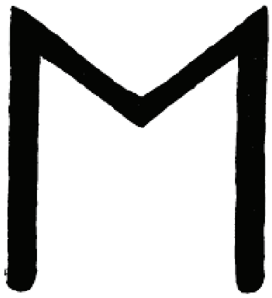




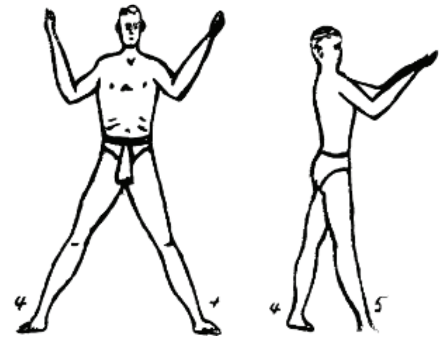
The ear- (e-) rune One body shape One body shape sitting upright

Positions of the 11th exercise series. Speech sound e.

The reverb sound C



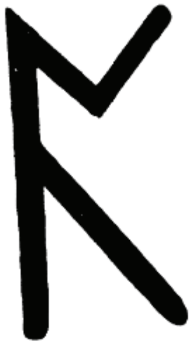
The man- (e-) rune



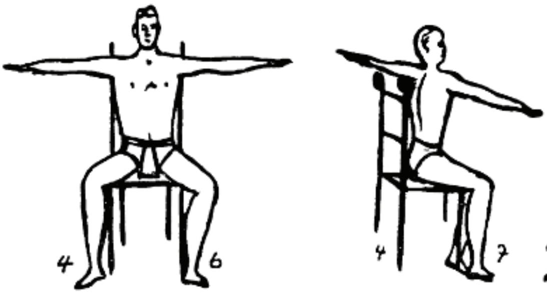
A body shape while standing

Positions of the 12th exercise series. Speech sound E.

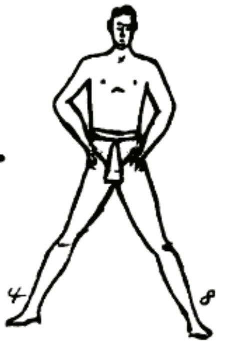
Der Hall-Laut a



Die ac- (a-) Rune



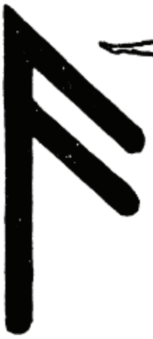
Eine Körperform
im Sitz

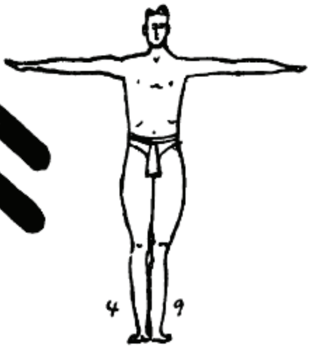


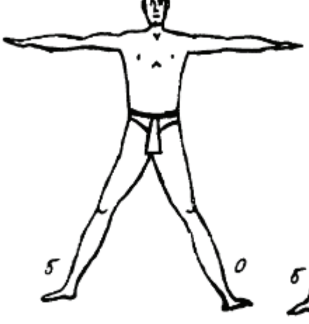
Eine Körperform
im Stand

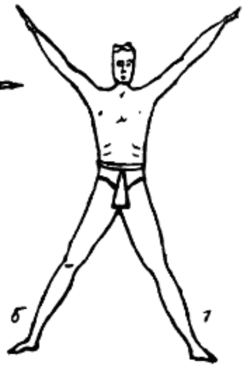
Stellungen der 13. Uebungsreihe. Sprechlaut a.

The reverb sound 𝔄









The ask- (a-) One body form Another body form Another body rune while
standing while standing while standing

Positions of the 14th exercise series. Speech sound A.

The detailed description and training instructions follow in the other volumes of the Marby Rune Library.

(Continued from page 146.)

position and when using the Z sound, among others, a clarification and strengthening of the inheritance inherited from the father. - The maternal inheritance (see drawings) further clarifies the ü-rune-sit form and the U-rune-sit form if they are made as indicated in the drawings.

- Paternal inheritance clears the ü-rune stance form and the U-rune stance form. If you want to achieve the reverse, change the poles (the arms and the legs).

The hand shapes, finger positions and the positions of the feet are described in detail in the following volumes of the Marby rune dictionary.

All the exercises listed below will be performed by one person. I will announce the exercises to be performed by more people.

Further detailed explanations, pictures and explanatory notes, as well as detailed tutorials will be provided in the following volumes of the Marby rune library. Like this double volume, these will also be published in expanded form.

Important tips for the adhesive -

The best exercise times.

In spring and autumn. In the morning (one hour before sunrise until about 10 a.m.) and in the evening (from about 6 a.m. to 11 a.m.). On special occasions at any time. It is better to practise at all than to miss the good times and not practise at all! -

The exercise age.

All the exercises given so far should also be done by children. Older people practise even more, of course, because they have a lot of catching up to do. -

The training location.

The best: in the open air or in the forest. Then in an open field, on a lonely spot somewhere. Not near a railroad line, not under power lines, not in pools of water, not on Christian or Jewish cemeteries or in their vicinity. Probably at home, but not in the vicinity of water pipes.

Further information on the best training sites and how to get to know them can be found in Dand 7/8 and other Dände of the MRD.

Practicing alone?

If possible always and unseen. It is only different for joint exercises (to be announced).

And the clothing?

Naked is best. But you should not freeze. Otherwise in clothes, but (except for later exercises, which I will announce) avoiding constricting belts etc. (which you loosen beforehand). (which should be loosened beforehand).

What weather should you practice in?

Do not practise outdoors in rain or fog, as this may cause a loss of strength for the weak. Do not practise in bathing establishments (in water) either, unless I give instructions in special cases. If the weather is bad, practise at home. Otherwise outside if possible.

Why keep a diary?

Because important ideas and thoughts come up during and after the exercise that you would otherwise forget. Then because you should record your successes.

Can I get more information?

Ia. You are writing to the author of this book: F r ierd--richDernhardMarbh, S1 u t kM r t'-'D.V'KöTVT'rkl 'IT' personally and enclose 50 Pfg. in stamps for reply and further postage costs. You will then receive further information.

Should we talk about runic gymnastics?

The meaning of the national community is that one does not remain silent about that which serves and helps the national community and each individual member of the national community, but speaks about it. Where one is of the opinion that the racial and runic exercises can help, where one can expect understanding for what is truly genuine, one speaks about the importance of the racial and runic exercises according to the comprehension of the person concerned. One is always obliged to do so, even if one has first or repeatedly encountered incomprehension or rejection. So show others the ways that you yourself have found to fine healing.

-----(End of text.)

runic writing, runic word, runic Gymnaſtik

Introduction, overview and
the first rune exercises

Given by Friedrich Bernhard Marby.

Double volume 1/2 of the Marby Rune Library.

(Second revised, improved and expanded edition with rune table, picture supplement and illustrations in the text).

The first part of this book summarizes the fundamentals of the runic question. In the foreword we are already gripped by the author's captivating description of how he came to discover runic gymnastics. This is followed by the first brief scientific justification of runic gymnastics in generally understandable terms. We are also shown why the runic gymnastics of our ancestors could be forgotten, why the knowledge of our ancestors was always and everywhere opposed by scholarly circles wherever it appeared. In the chapter "The sacred scriptural series of mankind" we are introduced to the runic series of earlier and more recent times, which are listed and named on a special plate at the end of the book.

The second part is introduced by the words: "Everything Knowledge is dead if we do not bring it to life", from this it can be seen that the practical part now follows, namely the introduction to runic gymnastics and the first exercises of the I-Rune. In addition, the experiences made by rune practitioners between the publication of the first and second editions have been taken into account.

We will now give you an overview of the contents:

Introduction - Foreword.

Part one.

Eternal design paths.

Holy Scripture! - Holy language! - Holy deed! - 3 times 3 equals 9! - Where do we find the real Holy Scripture?

Xosseageiftrr, racial soul",racial body.

Der Kampf um die Einkörperung. — Maskierte Dämonen. — Ueber Werden, Weſen und Sein der Raſſengeiſter. — Von den Wieder-Einkörperungsvorgängen. — Die Wurzeln des politiſchen und „wirtſchaftlichen“ Geſchehens von heute und geſtern. — Manſchmenſchen, Politiker, abhängige Akademiker und Pfarrer werden immer Runenwiſſen bekämpfen.

Wo unſerer Väter Erbgut blieb.

Dom being the Word-Christian and the Letter-Christian

[illegible] Runenkundigen. — Was beim Leſen römiſcher Heiligen-Legenden zu beachten iſt. — Das Auftauchen der Edda. — Runen, Runenwiſſen und germaniſche Myſterien wurden unter anderen Namen erhalten. — Mehr als 4000 Runenſteine in Skandinavien. — Wichtige Zeugen germaniſcher Vorzeit.

dynamic word.

The sacred "Schristreihe" of mankind.

Why ^the order of the runeNj tigneunand still^ used today

Vom Weſen der Wortſchrift. — Vom Weſen der Buchſtabenſchrift. — Dynamiſche Welt,

wich iſt. — Alte,

dung fin ende Runenre hen. — Die fr eſiſch-angelſächſiſche Runen eihe mit 33 R unen. — Das Themſe-Meſſer-Futhark mit 28 Runen. — Das Kylverſtei.. Futhark mit 24 Runen. — [illegible] 24 Runen. — Das gemeingermaniſche Futhark mit 24 Runen. — Das nordiſche Futhark mit 16 Runen. — Das ſchwediſch-nordiſche Futhark mit 16 Runen. — Das däniſche u arf mit 16 Runen. — Das Iſin -Runen-Futhark mit

16 Runes. - The two last rune rows of the rune table ^- ^The basics of the tens.

Conclusion on the content of the first part.

Runes murmur real advice.

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turnaround.

Rubic exercises and lyric gymnastics - Ueber die Lagerung und^ Art der Welträume ...ungen in den Räumen.

Ueber Weg und Weſen der Verſtofflichung.
Lebeweſen— Weſen des Lebens. — Runen-Uebungen, die einzige echte Gebetsform. Der Menſch Antenne und Sender. — Körper, Körperzone, Organ und Tonhöhe. — Körper, Körperzone, Organ und Laut. — Tonſtärke und Lautſtärke.

Runen-Gymnaſtik.
Die erſten Uebungen der I-Rune. — Runen-Form-Uebung. — Runen-Sprech-Uebung. — Deine Gedanken bei der I-Runen-Uebung.

Die erſten Erfolge der I-Runen-Uebung.
Anwendung der I-Runen-Uebung bei Krankheiten des eigenen Körpers. — Die I-Runen-Uebung und ihre Auswirkungen ſind erklärlich. — Runen-Kunde, Runen-Gymnaſtik, Weltumwälzung.

Anhang.

Die guten Willens ſind, rufe ich.
Für ängſtliche Gemüter. — Wo Krankheiten, wo Lebenskriſen drohen. — Zur Einrichtung und Ausſtattung dieſes Buches. — Anführung anderer Runen-Literatur. — Anzeigen des Verlags. — Bildbeilage. — Runen-Tafel.

Marby rune gymnastics

Their natural and scientific foundations. High-altitude radiation - earth radiation - intrinsic radiation.

Further runic exercises, introduction to the runic breathing theory.

Double volume 3/4 of the Marby Rune Library.

The scientific principles of Marby W "I runic gymnastics are dealt with in detail and in depth, yet are easy to understand.

Runic knowledge of our Germanic ancestors, even if WII under a different name, is coming to life again and how it has been recognized by science bit by bit and still has to be recognized.

The author, who had already clarified his views and his research results in public illustrated lectures in Germany and Sweden between 1924 and 1931, was far ahead of the official scientific community, shows us how his research results were gradually confirmed by science over the course of time.

The field of radiation theory is dealt with clearly and comprehensibly, followed by the fields of Earth radiation, deep radiation, ground radiation and the human intrinsic radiation.

The second part introduces further into the Marby-Rune-Gylwnaftik and brings something completely new: the first basic sentences of the Rune-Breath-Lore.

We will now give you an overview of the contents so that you can familiarize yourself with the richness and importance of this book.

can address:

Einige Worte zur Marby-Runen-Bücherei. — Vorwort. — Run.

Das germaniſche Runenwiſſen wird heute Schritt um Schritt wieder lebendig unter Namen wie Atomtheorie, Radioaktivität, Strahlungswiſſenſchaft und anderen Bezeichnungen.
Einiges zur Atomtheorie. — Meine Anſchauungen über die Entſtehung der Materie, wie ich ſie ſeit 1924 in öffentlichen Vorträgen klarlegte.

Die Geburt des Stoffes.
Vagabundierende Elektronen. — Freigewordene Achſenſtrahlen (Höhenſtrahlen). — Freie Atombildungen in der Atmoſphäre — Weitere Aufſchlüſſe. — Schlußbetrachtung zu vor-

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Die Eigenſtrahlung. — Vier Lichtbilder aus Marby-Vorträgen. —
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Die Runen-Atemlehre. — Die Umwelt als Kraftquelle. — Von der Magie des Atmens. — Bewußtes Ausatmen und Einatmen iſt ein Willensakt. — Die Bewußtſeinshohlkugel und ihr Zentrum. — Einatmen der Kugelkräfte, Ausatmen und Willensausſendung nach einer Richtung. — Einatmen einer Richtungskraft Ausatmen und Willensausſendung rundum. — Einatmen einer Richtungskraft und Willensausſendung in eine beſtimmte Richtung. — Einatmung deiner Schlüſſel- und Schutz-Rune, ihre Verſtärkung, ihre Sendung und ihre Wirkung.

Runenübungen, die einzige echte Gebetsform.
Der Menſch Antenne und Sender. — Körper, Körperzone, Organ und Tonhöhe. — Körper, Körperzone Organ und Laut. — Tonſtärke und Lautſtärke.

Runen-Gymnaſtik.
Die erſten Uebungen der I-Rune. — I-Runen-Form-Uebung. — Zur Runen-Form-Uebung dann die Runen-Sprech-Uebung. — Deine Gedanken bei der I-Runen-Uebung. — Die erſten Erfolge bei der I-Runen-Uebung. — Anwendung der I-Runen-Uebung bei Krankheiten des eigenen Körpers. — Die I-Runen-Uebung und i re Auswirkun en ſind erklärlich. — I- und
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of the series and short answer. - List of literature and book advertisements. -
Advertisement concerning the magazine "Der eigene Weg" etc.

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Introduction, overview and the first runic exercises. Author: Friedrich Bernhard Marby.
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Nos.

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Your own path

(The blood community.) Rm.

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Correction of printing errors:

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"propagated beyond the range of the sound."

On page 121, table below: sounds polarizing the room.

Racial gymnastics as an exercise routine

Alacvli Runes Äücherel

Aanö 5/6

Wagered Ikemen §inö:

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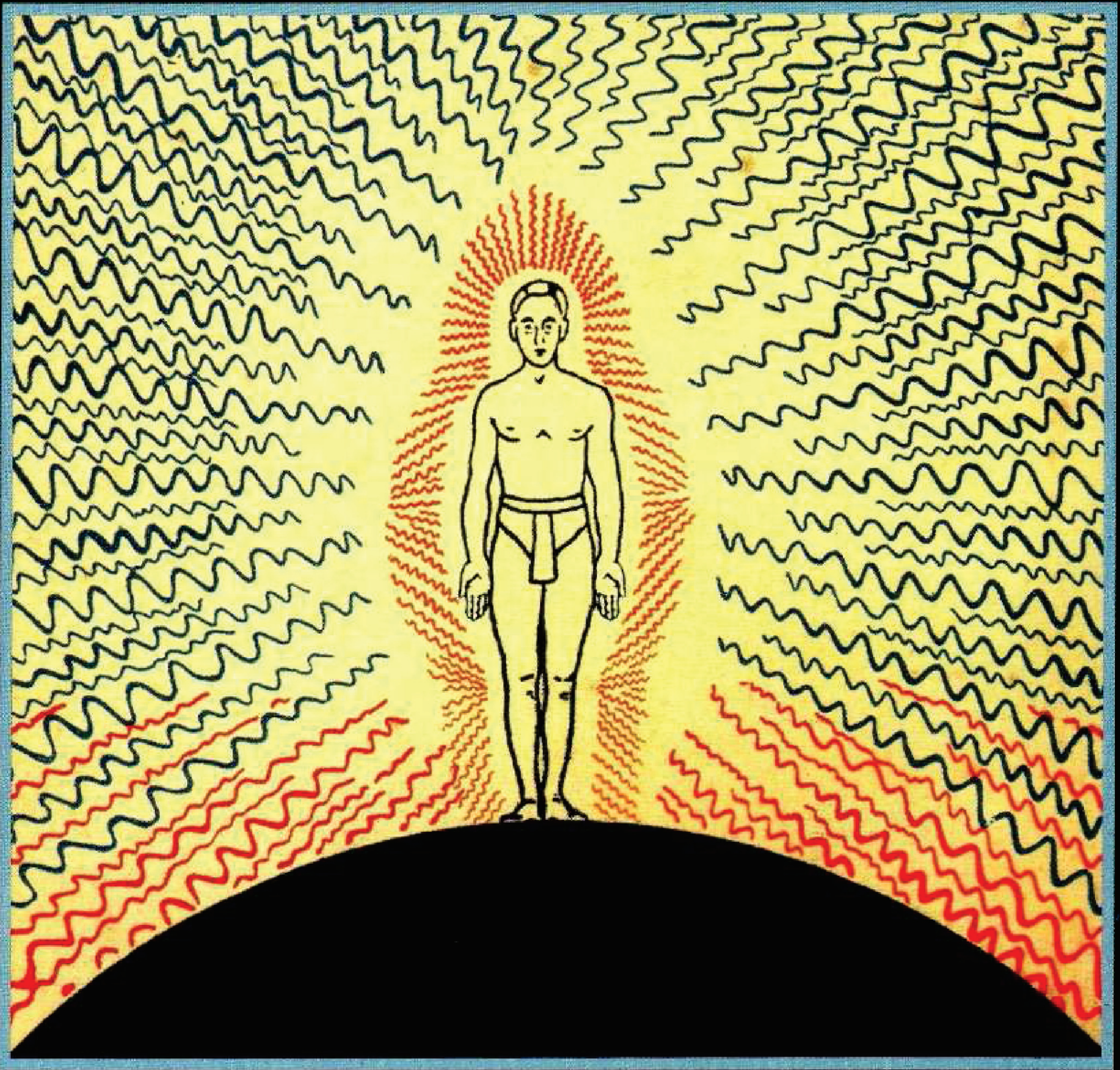
Kunen-Übunsen

Marby-Runen-Bücherei Band 7/8



Die Roſengärten und das ewige Land der Raſſe

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Kriküricli Aernharü Mrirdv

The rose garden

and the eternal land of the cash ~~register~~

r, search

der Reche: Racial gymnastics as a way of training

What is culture? - Cultural countries - birth and death of "Gods" - Sipp and sannlie - Tyr - Ttsor - Germany, the great land of kosen
The underground levies and more on
the Kuueu language
further slusrass and Kuueu exercises

Given by the discoverer and innovator of kuneu gymnastics

~~Friedrich Bernhard Marby~~

Marby Rune Library

Vand 7/S (4th double volume)

Publisher - Friedrich Vernhard Marby

Marby-Verlag, Stuttgart

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Lopxrißvt 1935 kv IVIsrb^-Verlsß, Ztuttzsrt

Printed by Marby-Druckerei, Stuttgart.

Lur INarby-Lruueu-Vücherel

The Marby Rune Library is a series of books that publishes a new book at least once a quarter. The library's path had to be chosen in order to do justice to the times.

The content of the Marby-Nunen library is unique. Our library only brings new, basic, true, valuable and healthy things. A frank word is spoken. Despite the fact that the most important areas, which are often somewhat difficult for the uninitiated, are covered, the content of each volume of the Marby Runes Library is so easy to understand with impeccable scholarship that every reader will read each book of the Marby Runes Library over and over again with the greatest profit.

So we hope that this 7th and 8th volume of the Marby Rune Library will also give all readers much pleasure and high, noble hours and, most importantly, a happy life.

The publisher.

Foreword ~~to this Vopp~~el volume

Volume 7/8 of the Marby Rune Library is now available in this book.

The purpose of this book is to further emphasize the importance of of racial and runes for a comprehensive and purposeful racial order.

An introductory reference is now made to the shape of the rallying and runic installations. Further double volumes of the Marby Rune Library will also provide further irrefutable material.

2 This double volume will also deal with the runic language and, in further development, the runic exercises.

In order to create a good basis among the people, the mother of all progress and all culture, for the side of the educational endeavors I have dealt with, I had to write as popularly as possible. Whether circles that call themselves scientific will finally recognize runic gymnastics as a path of understanding is only a question of time. All resistance will not help.

We will win!

We will be victorious because the truth and the clear evidence are for us.

However, we would like to take this opportunity not only to thank all honest comrades-in-arms in the fight for a goal-oriented, developing racial order for their loyalty, but also to say that we must not only continue to practice the runes of our ancestors on a daily basis, but also to carry the idea of enlightenment into the people through rune gymnastics.

By this we recognize the preparers of the new, the northern time, the witnesses of the new runic time universe

With rune healing

The author.

Development

It would perhaps be considered a whim of a private scholar if I were to write here in detail about rassi and runic exercise facilities, and in Germany and in the countries where gymnasts lived today and in the past, perhaps only a small dozen such facilities would have existed. If that were the case, I would not have the right or the duty to draw attention to Rassian gymnastics and the former renaissance and runic training facilities.

If only a dozen or even a thousand former training and runic training places could be identified today, then racial gymnastics, runic gymnastics and runic gymnastics would not have been so successful.

Gymnastics truly played a tiny role and could not be considered a race and culture founding and securing gymnastics. -

If, however, one hundred thousand of the former places of raising and runic exercise still exist today or can be proven, then it is proven that these several hundred thousand places of raising and runic exercise must once have played a very great role in the life of mankind - and then every researcher is also obliged, then all peoples are obliged to deal with the question: What do these sites mean? and to assume from the outset that they have played a very great, indeed the decisive role in the development of the once far higher culture of mankind, the culture which, if we want to be honest, we have not yet been able to save from decline, and which determines the face of the earth and the nature of culture. -

Because **it** should be borne in mind that the total number of verifiable of unrestrained race and life plots amounts to not hundred thousand, but according to my conservative estimate at least four to five million. -

This highlights the all-important significance of runic gymnastics. If our ancestors considered it so important, indeed so vital, that they did not spare the effort and labor necessary to create four to five million places for exercise and runic practice, then they also knew why and for what purpose.

The task of the present time is to answer the question of the why and wherefore of the millions of race and runic exercise sites, and if today's German people do not answer these questions, the leadership of the future will fall to another people, because mankind no longer wants the evil spirit that caused the millions of race and runic exercise sites to disintegrate, mankind no longer wants the evil spirit that has turned the earth into a hell of delusion, power madness and greed. Humanity longs for a true order and since a

Since such an order can only be a racial order that wants to be consistently implemented down to its last demands and consequences, a racial order cannot stop at the always anti-racial churches or the always anti-racial capital groups and their beneficiaries or even conclude alliances and standstill agreements with these anti-racial bodies and beneficiaries.

We know today that the will for racial order must come from within the people. This will for racial order, which lives in the people, is now being given a path and a hand today, and a fundamental one at that, as the contents of this double volume of the Marby-Runen-Bücherei will also prove.

In volume 5/6 of the Marby Rune Library, I pointed out the actual significance of the Thing sites, giving broad outlines of them. We have to regard the Thing places as former rallying and rune exercise places.

I also showed the differences in the effect of the various open space and fixed space angles, and explained how sensibly our ancestors weighed up and utilized the effect of the open space and the fixed space according to the purpose of the exercises.

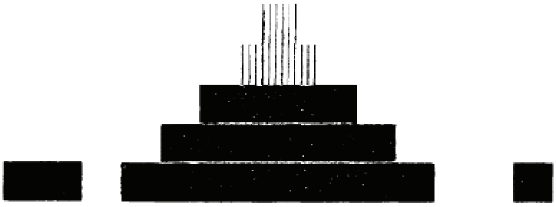
Through appropriate application, the influences of the heavens and the earth were consciously coordinated with each other in the use of the radiation of free space and fixed space.

In the breeding facilities, all the forces of nature available to man were put at the service of development and equipment.

As a citizen of the earth, it was first obvious to man to utilize the earth's radiation and its effects.

For this reason, this book presents the information contained in the with important underground raising systems are presented first for consideration and clarification.

A number of pictures in the appendix will provide further evidence.



What is culture?

A time that has no culture does not know what the meaning of the word culture actually is.

What has been called culture today, and what has been called culture for thousands of years in the South, and for about one and a half thousand years in Europe, has not been culture and is not culture.

Culture is not only external. Culture does not manifest itself in "good manners", in polished nails, in artistic, literary, technical, religious inclinations and abilities, or in so-called intellectual culture. It was not culture when the Greeks at that time lived for themselves in a few castes and classes, did not reforest the low-bred original people of the country and therefore perished. There was no culture in Egypt, which died of its slave population. - There was no culture in the state of Ludwige France, the France that is still regarded today as a land of culture by all those who are in truth without culture.

Culture lives in the whole people or is not culture. Culture is racial order and race breeding!----------------------

For culture does not live at the expense of the people, culture does not consist of the thin upper classes refining themselves in external things and in pretentious views.

If the Germanic tribes who came to Greece had brought the country's indigenous population into the fold, Greece would still be a Germanic cultural country today.

If the Frisians who had moved to Egypt had sighted the original population of the country according to the racial order of the Frisian homeland and had slowly built it up, Egypt would still be a Germanic cultural empire today

If France had not abandoned racial order and breeding before Charles Martel, France would not be the outpost of the Aeger race in Africa today.

As and where the white peoples forgot culture, as and where the consecrated peoples gave up the racial order and no longer carried out racial upbringing on themselves and the lower-race peoples, then came the half-breed, then came the Jew, the Reger and the Mongol, then came the human pulp Who came to them and carried out the judgment that the Rordlings had pronounced on themselves.

Culture is a racial order and a way of-- law for all, for all people who live in the country, for all people who inhabit the continent, for all people on earth.

All peoples and their leaders should finally realize that culture through caste formation, with or without privileges for certain castes, is neither culture nor can it be maintained.

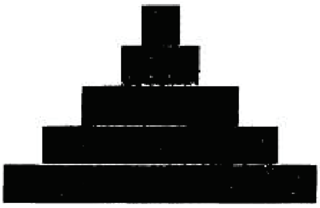
The government that the German people have had since January 1933 is the only government that has seen the meaning and the goal of true culture with the beginnings of the cultivation of good heredity and with the beginnings of a racial order and racial upbringing.

That Germany does not remain alone must be the aspiration of all people and nations who know what culture really means, what culture really is.

Culture is higher development. Without cultivation of the racial heritage and the higher physical and mental values, there is no higher development. Culture is refinement. The adaptation is culture.

Where there is culture, everything is placed at the service of the whole nation!

That's how you recognize culture! -



RutturbeweLse

Every people and every culture leaves something characteristic and noble to a later time, something that was either taken over with the living space of the people, i.e. originates from another people who once lived in the country or determined the culture - or - was created by the people as "self".

The view held by the author of this book is becoming more and more prevalent that the ancient cultural evidence we find in China, Japan, India, as in Asia in general, and further afield in Africa and America, are not the creations of the peoples now living there, but originate or were determined by the Aryans of the North.

However, where the old cultural evidence is most echoed and anchored in the language, customs and traditions that still exist today, especially in the minds of the people, that is also where the people whose ancestors once lent back this cultural evidence can be found.

The harmony between the ancient culture and the people living today and their views, their customs and traditions, their language, their legal conception, their religious and spiritual basis is now greatest in Central and Northern Europe.

Here, then, would be the cradle, the place of value of the culture of mankind, here would also have to be the most original cultural evidence (evidence of the "order of perception"!).

We know, however, that the less cultivated peoples of the Mediterranean countries and the Asian mainland have flooded Central Europe and Northwest Europe, at least in part, several times in the last two millennia, and that the Dastardansichlen of the Jews-Romans gradually settled throughout Europe and destroyed what they could of the original highest culture of the earth.

Above all, the cultural evidence (the educational institutions) that the population of the conquered territories still cherished from prehistoric times was destroyed, disparaged or reinterpreted.

This was relatively easy with the writing of the ancient Germanic tribes, the runes. - They were simply banned, their use was made punishable by death, whatever runic writing existed was collected and burned, rune stones were smashed.

Praying in the runic language has also been described as "sorcery", punished with death. Latin and Hebrew were introduced as the dominant languages. This applied until the Germans themselves had corrupted their own language to such an extent that it could no longer pose a threat to the conquerors, and the people's connection to the understanding of the few old documents that still existed was cut off.

But there is still a very important cultural evidence, and even today most Germans are unaware of this, in the Germanic landscape, in its forms and names.

The names were also used here and there. The landscapes, places, rivers, mountains and landmarks were simply given different names. Other names were invented, names that were not supposed to mean anything to the people, names that were supposed to mean as much as possible to the conquerors in order to make it easier for them to rule the country and secure their position. -

But the knowledgeable among the people did not rest. Where possible, they did not reveal old names. They invented cover names, e.g. mocking names, ridiculous-sounding names to mislead the invading pack of "cure-bringing" robbers.

The "Babylonian confusion of languages", which began in the south when the Dastard priestly castes came to power there, also affected the names of the

Germanic landscape and it is not very easy to untangle the tangled threads today.

Least of all, however, were the servants invading from the south and the subsequent "upper classes" in the Germanic peoples, who were in league with them in a treacherous manner, able to destroy the cultural evidence contained in the forms of the landscape.

The shapes of the landscape and the character of the landscape have remained almost the same to this day.

If, however, the cultural evidence of the old ger manic period is found today, then, in the opinion of the circles that do not want true national community, it must quickly be turned into a "doctor's affair" in order to make the whole matter as complicated as possible and to push it onto a false track and obfuscate it.

The people are to be kept away from the application of benefits become. As long as this is possible, the prerogatives of the "educated", which are based on the southern bastard culture, can be preserved.

^Use application?

For what purpose did the Germanic tribes, the Aryans of the north, shape the landscape wherever they lived, wherever they went?

How should the cultural evidence that still exists today in the forms of the German landscape be utilized in order to recreate the valuable ancient German culture?

Firstly, by coming to the right conclusion about the purpose of the once created landscape formation as it still exists today, and secondly, by doing the same thing again that this landscape formation once intended.

So we have to ask ourselves:

For what purpose did the Germanic tribes, the Aryans of the north, reshape the landscape wherever they lived, wherever they went?

What motivated them to heap up mountains, build round and long mountains, reshape existing mountains, erect pyramids (in Mexico and Egypt, among other places), dig pits, erect long avenues of stone columns, dig underground tunnels, divert rivers, erect skyward structures and shape the face of the earth in endless labor according to a visibly uniform plan?

"All these facilities served cultic purposes!" says the "scientifically educated". Because the "scholars" told him so.

Silly talk about the "cult", we say, because the cult of the last 2000 years, which the Church of Rome would have brought or continued in tradition from earlier times, was just large and emphasized enough, and yet at most churches and monasteries have been built. Even in India and China, where we find a great deal of worship, it does not go any further.

"The Externsteine have been recognized by excavations under the direction of Pros. Dr. Andree, Münster, as a Germanic sanctuary, which undoubtedly served the sun cult", say the "Friends of Germanic Prehistory", around the capable Externstein researcher Deudt.

Again "cult", now even "sun cult", - we say. You don't want to tell us that our ancestors were sun worshippers, do you? - We will not follow in your erroneous footsteps, dear people! - We are building our own path through the forest of errors of the millennia.

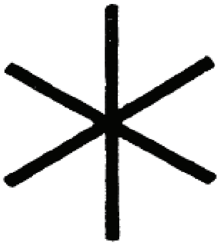
In the same way as a cult, the ancient installations found everywhere in Germanic countries no longer served a mysterious purpose for rune practitioners.

Directed towards a faith or a god or a multiplicity of gods or the worship of the sun, or the moon, or the worship of any planet, these laboriously erected complexes once served in the knowledgeable Germanic era.

These comprehensive, well-considered planned and generously realized The well-considered, well-planned and generously constructed facilities of a time that is described to us today as "still quite primitive and poor", but which was in fact the greatest time the earth has ever known, served to raise the awareness of the individual.

individual and his development, served entire peoples as gardens and facilities for rallies and runic exercises! - - -

And now we want to take a closer look at the cultural evidence (cult does not create culture! -as we have it in Germany and the Germanic countries that were once united with it, and thus the old, tried and tested institutions and ways of understanding.



A few things about today's hour of geography

Hereditary and racial science is a new science in academic circles, but an ancient science in folk circles, as all the customs and traditions of the Germanic peoples prove.

In the book by Dr. Hans Kraußi-Ansbach (Verlag der Aerztlichen Rundschau, Otto Gmelin, Munich) we read the following basic information about the scientists' view of the possibilities of inheritance:

About hereditary physical characteristics.

"Hereditary factors are: Size of the body, length of the bones, length and width of the head, color of the skin, hair, eyes, shape and position of the eyes, cross-section of the hair, shape of the vase and ear and chin, tooth formation."

About hereditary characteristics:

"All mental and physical abilities are inherited values of the human being.

Brain size is also considered to be hereditary. Furthermore, character traits such as courage, loyalty, strength of will, energy, self-control, passion, ease of mind, conscientiousness, skill and shyness are also considered hereditary, as are memory, aptitude for music and painting, clever calculation and literary talent.

There is still no "complete" agreement on the extent to which the individual traits should be considered dominant or recessive. The observations of the so-called scholarly families, the families of musicians, inventors and artists speak in favor of a dominant disposition."

Rather the external change that occurs during life:

"It is caused by environmental influences, such as different nutrition, physical activity, and also by changes in temperature. Even upbringing must be regarded as an environmental influence in this sense, which is why "well-bred" can never take the place of "well-born" in the racial-hygienic sense."

Are such acquired characteristics hereditary?

"Scientists have argued about this for a long time. The vast majority now reject the possibility of transferring acquired characteristics."

So much for Dr. Krauh.

Our view on the above statements:

With regard to the external changes that occur during life, it should be said that the external changes mentioned by Dr. Krauß also include the deteriorating changes.

However, these are held back and canceled out by racial gymnastics, which meets the radiation requirements of the racial human being. All environmental influences, every diet, every sporting activity has a radiation effect on the genetic make-up and racial constitution of the human being.

It must also be said that the outward change in man is gradually followed by an inner, spiritual change at the very least. Every permanent external change that approaches the true racial type is also gradually accompanied by an inner spiritual change.

It is true that the gametes have a certain kind of persistence, but it is certainly also true that an effect on the gametes is possible and that the species persistence can be strengthened.

If one wanted to deny an influence on the gametes, one would have to affirm that the Aryan as a racial man, out of nothing, as it were, once, without prior development, and without development, and without the ability to develop. -

The fact that our ancestors knew and appreciated education as a value that preserves and improves heredity is proven by the two words "kind" - kind-self and "unkind" --- without kind-self. In the word " educate" -- to educate, there is also the sense that one wants to educate something that was not there before. Any fatalistic view was alien to our ancestors. Even in questions of development. They knew that massiveness is developed, albeit slowly.

All fatalism is un-Germanic. It is therefore also un-Germanic when a person with a bad genetic make-up says to himself: I was born this way, I can't do anything to improve myself or my descendants, so I won't make any effort.

All the old customs and traditions of our ancestors show, if one understands their essence correctly, that a well-balanced system of education and training once embraced all members of the people. This was successful as long as and where the Germanic tribes were spared from Jewish-Roman Christianity, which fought against all racial science and wet rearing.

Hundreds of reports to me prove that hereditary improvement in physical and mental terms is possible through runic gymnastics, as racial gymnastics. I am ready to present the material. Because the Nunes are the basis of this path of understanding, they were eradicated by the church as far as possible, they are still inconvenient to all dark men today, and the very important swastika rune is met with the abysmal hatred of all open and hidden enemies of the race.

And one more thing: even if we had to assume that an improvement of the hereditary material would not be possible through racial gymnastics, that all these favorable physical and mental changes now actually only emphasize the" hereditary material, we would have to conclude that good hereditary material that has not yet appeared and become effective has now only been awakened and brought into appearance and effectiveness through racial gymnastics.

One thing is important for us: the successes are there!

Roch says something about the heritability of acquired characteristics. Dr. Krauh writes that the vast majority of scientists now reject the possibility of inheriting acquired characteristics. -

Experience has taught us, also from the considerations I mentioned above, that inheritance (reproduction) of acquired characteristics, whether physical or mental, can take place if these characteristics were acquired long enough before the child was conceived.

The nuclear loops or chromosomes (- chrome-colored seed) that form from the cell nucleus are the cell's antennae. These antennas of the cell are the seat of the hereditary systems, but are also, and this is their purpose, accessible to certain rays and waves that flow through the body and are intended to absorb these rays and waves and must therefore be altered by absorbed radiation.

Radiation affects our body, including the antennae of our cells

our mental images, our
immediate environment, our
wider environment,

(the latter is the magnetic atmosphere of the earth and the radiation of celestial space and celestial bodies, i

The vibration numbers of the individual chromosomes have not yet been investigated or determined. If the chromosomes reacted to every wavelength, we humans would not be able to move on earth. The earth would then be overpopulated.

But only very specific, and above all short wavelengths coming from outer space excite the chromosomes of the gametes, causing an attraction between the male sperm cells and the female egg cell and resulting in the development of a new human body.

How far beyond all the findings and research results of scientists, nature regulates the conception of a child and the transfer of genetic material, the following article is just one example:

When I was conceived, the planet Mars was in the sky exactly on the spot where Jupiter had stood when my father was born.

When I was born, the current Jupiter was in the same place as it was when my father was born. So my father's Jupiter is where my Jupiter is. A small difference, but within one degree, can be explained precisely by the shift of the vernal equinox.

The circle has 360 degrees. If we count only 10 planets including the sun and moon, there are 10 X 360-----3 600 possibilities for the position of the planets. The best, sharpest possibility was Jupiter from Jupiter for my birth.

Who doesn't have that alone!

Mars in my horoscope is also at the same point as my father's Mars. This is the second typical star position.

So Jupiter and Mars certainly gave me clear genetic material from my father. -

Of the 3,600 possibilities, two are very clear, even the sharpest.

But there are other connections.

Where Mercury and Pluto are in my horoscope, Venus is in my father's horoscope.

Where Uranus is in my horoscope, the Sun is in the same place in my mother's horoscope.

For the sake of brevity, I will not mention the other interactions given by aspect angles here.

Similar planetary constellations are found in almost all horoscopes between parents and children. Tackling the hereditary origins from the side of astrology will first clarify the whole area. That is certain.

But we go on to say: If radiation and waves from distant areas of the wider environment can determine fertilization, birth and the inherited genetic material - how much more must the radiation and waves from the nearer environment (and the nearer environment also affects us and into us in the form of radiation and waves, including from food) influence the inherited genetic material in higher living beings, how much muh then the radiation,.

The chromosomes and their structure and behavior can be grasped through a certain mental state and through certain thought images in our field of life. -

It is certain that we transmit the radiation of our field of activity from our offspring to the chromosomes and therefore to the child conceived later, in terms of inclination, disposition and aptitude, and this is also proven by the generations of musicians and scholars that follow in certain families.

Here is another example from my personal experience.

Before my daughter was conceived, I spent weeks building a large machine for the first time. None of my wife's ancestors, none of my ancestors, had ever been involved in such or similar work. But my daughter took over, received from the radiation pictures I took during the work of setting up the machine, the predisposition and ability that had already manifested itself as a child and the desire to take all kinds of apparatus and machines apart and put them back together again.

I know for sure that every father, every mother can report something similar with the strictest self-criticism.

The radiation fields that we absorb before the conception of a child and enrich and strengthen in their effect through mental activity and movement, we also transfer to our sex cells, the chromosomes, expanding them and changing their chemical and radiant characteristics somewhat or making them more favorable for individuals. If a child is conceived, we pass on to the child what we have absorbed. During the child's life, the inherent radiation field now wants to be released. - In this way, what has been acquired is inherited and passed on.

This fact is also the basis of the "great" success of the awakening exercises, for they cause the most natural, highly increased absorption of radiation, which must benefit the lover as well as the offspring.

This, our experience and this change in our viewpoint does not mean that we are minimizing the importance of name research and wet hygiene, but rather that we are emphasizing it.

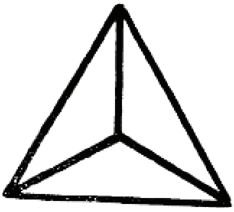
the importance of racial research and a realistic path to understanding.

This lifelike, natural path to awareness is given in a gymnastics that consciously brings all the uplifting environmental influences in their radiation values to the body, the soul and the spirit and thus has demonstrable success! This gymnastics of awakening consists of physical exercises which are combined with the shaking of the body through the useful speaking and singing of certain sounds, if possible in the richly radiant, free nature.

Scientists recognize changes through sporting activity. - It is certain that racial gymnastics, runic gymnastics and their lifts are the noblest sporting activities.

As the gymnastics that encompasses the whole human being, not only ensures the intake of life-promoting radiation, but also regulates the entire radiation balance of the human being, the Runic gymnastics will become the harmless method of training all peoples striving for vigor, as it once was, preventing further deterioration of the genetic material and at the same time improving the genetic material and uplifting the people. -

The people who have a head start in this process will secure the upper hand in all areas of life or all racial theories would be nothing before the judgment seat of facts.



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About the birth and death of the "gods"

Superstitious peoples with a belief in demons once overheard Germanic peoples here and there performing runic exercises. They saw the Teutons stretching their arms to the sky and calling out certain words. These recurring words were seen by the lower races as "invocations" and the words uttered as the "names" of the invisible gods who gave the Germanic tribes their powers and abilities. -

Thus the dynamic Nunen word became the "name of the god" and since the number of these words is large and since certain words were often used according to the special radiation of the landscape, a whole army of "gods " and also special country and place "gods" arose among the non-understanding peoples.

Over time, this view, which stemmed from a lack of understanding on the part of lower-race peoples, spread even among the Germanic tribes, for an imaginary god lent the idle practitioners and the eloquents, grouped together in priestly castes, to live off the people, who only needed to believe in the "gods" or in the one privileged "god" in order to become "blessed". Because, significantly, they now renounced growth and were content with the same stagnant state of "blessedness". And thus began the disenchantment.

This meant that the Nunen exercises were "no longer necessary". On one's own physical-mental-spiritual development in continuous striving, on a constant growth was waived. The constant stagnant state of "bliss" became the ideal. -

No one would consider the judgment of a primitive Bushman from Australia over the world of thought of a German professor to be particularly valuable, fundamental and groundbreaking. Just as the German professor would not regard the Bushman's judgment as authoritative and would regretfully have to refuse to acknowledge it because the Bushman simply cannot understand him, so too would our ancestors reject the judgment that most of today's contemporaries "form" about our ancestors, or as they put it "have", regretting and disregarding us. Our ancestors would probably have very little respect for us and say: "You want to be our descendants, you want to be Germans? Away from us! We have nothing to do with such croup!"

The "Teutons" of today would say: "But we know your gods and respect them!"

"Gods?! We didn't have any gods!"

"You've been anointing them, praying to the gods!"

"You fools! We have done Nunen exercises!"

"But you have called the names of the gods".

"We used dynamic words to set in motion or stop and banish the forces that want to take effect."

"So Wotan, Thor, Freya and other Kne gods and goddesses were to you?"

"Wode and Wodan and Odin, and Thor and Tyr and Donar and Loge and Freya and Frigga or whatever else you bring here, are never names of gods and goddesses have ever been in our time, butwords that the key find for powers, that the shape the world. These words, shouted or sung in dark nights, or in the glow of the sun, in balmy air or in the roar of the storm, these words that we spoke, that we sang, that we shouted during our Nunen exercises, they shaped what we desired, what we wanted. - Gods have never heard us, because there are none! The powers of nature in heaven and earth, pleasure and water have obeyed us!
- That's all."

"But the mythology of the Germanic tribes tells of the deeds of the gods."

"Mythology? Deeds of the gods? Mythologies were composed when we were no longer alive. The 'deeds of the gods' are only successive effects of the runic words that we sent out as intervening words, intervening words that, when they had done their duty, returned to us like "Mjölnir" which you call the 'Hammer of Thor'."

"But certain lands, mountains and places were once consecrated to the gods."

"Not in our time. We knew lands, mountains, gorges, places whose radiation gave certain runic words a greater effect. We also knew and know how to shape the land and increase the effect of certain words, but to consecrate lands, mountains, valleys, etc. to gods that are not there, gods that only female slavish paste brains can conceive, is not Germanic."

s "But every tribe, every people consecrated themselves to some god. Thus the Germans, also called Tysks, dedicated themselves to the god Tius or Tyr. And so they also consecrated their country as Tiusland, today called Germany, to this same god."

"I have already said that a country cannot be consecrated to a god because there is no god. The type of radiation of the soil in Germany is a radiation that corresponds to the dynamic word group Tiu, Tis, Dis and Thor and Tyr, (therefore Thür-ingen, therefore also Tyr-ol). (It is the same with the people who once inhabited this land and live there again today. The radiation of these peoples also corresponds to the dynamics of the above words and some other related words."

"Then lawfulness would be the foundation, the beginning, the life, and the end of all things? - Oh, poor is a world without gods!"

"Your fictitious myths, which tell of the personalities of the gods, themselves tell you that at the end of the world the gods will also perish in the world fire and that they will be reborn when a new world comes into being. Replace the term "gods" with the term "Lawfulness" or "lawful and purposeful working of being" and you have the right thing. Where man then works purposefully within what is legally possible for him, he is good and belongs to the good and, if you want to call it that, he is a "god" or belongs to the "divine". - How could the world be poor? - Or - don't you let the good ones come up?

- It's like this: you follow your good guys, and you don't follow your "gods" that your imagination formed. If only you would at least take an example from your ancestors! In this way you would preserve and develop your culture along the path of regularity and experience. - The old laws are still there. They have existed as long as the world has existed. Heaven and earth are still active as they once were. They send currents of power to each other as they once did. If you do not harness these forces, how will you survive, how will you even grow? - How do you want to become warriors without stretching yourselves into the streams of life? How do you want to become giants in spiritual prowess and creative power without being racy? How will you understand the runes of the fathers without becoming runes yourselves in daily practice? - What you do not achieve, you do not have, and what you do not have yourselves, you are not. Build yourselves up by loving the runes or you will fall apart. In mastering the world and its laws, only those who struggle in the application of the laws, for their knowledge and for mastery, become masters. - To master oneself means in truth: to keep loving the runes every day, so that one can get the most out of oneself in terms of knowledge and growth, ability and work, and make the most of heaven and earth!

Poor is the world, poor is mankind, because it put talmi in the place of gold, because it values fantasy products more highly than the people who see, promote and show the ways of higher development!

You "believers", you who believe in fantasy gods, make the world poor because you have always fought, persecuted and killed the good, the striving ones among men. You always find something wrong with the striving ones among you
"to expose". Out of Reid, because they are further ahead than you, out of convenience, because the diligent is an annoying reminder to the lazy. Your shame turns into anger and you call this anger "zeal of faith" or "conviction".

What you call your faith is important to you, but in truth it has no effect. Your striving for physical, mental and spiritual fitness alone determines the value and success of your life.

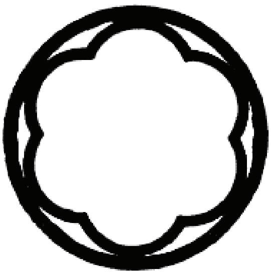
Those who truly strive learn that race is important.

Those who are truly attuned to the importance of the race know that the runic exercises represent the path of development and ensure development. -

Gods were invented, delusions of the lazy, romantic or demonic.

No one knows the ultimate source of existence. But:

Good things come from striving. Striving makes the world rich, is mankind's most precious good, the culminating consciousness of mankind that encompasses and rules all worlds."



Clan and fannlie

With few exceptions, and despite the "Germanic" cloak that is currently popular, the entire field of village history research today is in truth still dominated by "ex oriente lux". One of the few researchers who broke new ground and championed the runes as symbols at least ten thousand years old, Pros. Herman Wirth, Marburg, has recently been conspicuously hushed up.

One cannot, it is certain, avoid the impression that large academic circles have suddenly adopted a "Germanic" stance, purely as a tactic and in order to dilute and gain influence over the movement. These circles know, as we do, that the return of the Germanic order will put an end to their prerogatives.

After these brief preliminary remarks on the situation, I would now like to say a few words about the research path.

If the research methods used by many scientists could claim to be correct, they would have to refrain from using them in the field of research into ancient Germanic culture, because almost everything that can be achieved and proven using this research method has been destroyed. And scientists have often enough helped to destroy it.

The question then arises as to whether a scientific researcher today, if he finds something important, is allowed to publish what he has found without harming himself and his profession.

Finding and publishing really important and new ways and points of view must therefore be reserved for independent men and women, researchers and thinkers from the people. If the struggle of a scientist against the united academic world is difficult, how much more difficult is the struggle of a "layman". -

The picture is that the scientists who really know and can do something, more or less, secretly or openly, "outsiders", in truth, even without them knowing it, work hand in hand with the researching laymen and usually receive the most valuable suggestions from them.

This is because the "layman" has not yet had the familiar blinkers put on him in his youth. The "layman" is not prejudiced against certain "frowned upon" areas: Astrology, magnetism, earth radiation research, etc. - He usually does not concern himself for long with the mask of things, but wants to grasp the core of things. And then all research paths take on a different face, and the trickiest questions are often clarified surprisingly simply, quickly and thoroughly.

The "layman" benefits from the fact that he does not need to take into account "world views" that are intended to create and maintain class advantages. He takes the comparative and enlightening material from all areas of knowledge and experience and does not ask what is "authoritatively recognized" or not, does not ask what has been labeled as "superstition" and what has not. Because - what is really superstition proves itself.

Run a test on the example:

I have included this chapter "Kinship and family" in the series of opening chapters of this book because the relationship between these two words also sheds light on many other things.

Why should there be no linguists and their descendants? who regard the word "clan" as coming "naturally" from the "Latin"?

However, the word "Sippe" is undoubtedly Germanic. Siebia, Sippia, Sif, these three formations have been preserved for us as the "Rainen" of the wife of the Germani shy god Thor. (Where the "gods" came from, i.e. how they came to be from human error and what the "nations" of the "gods" actually are, I have already mentioned elsewhere in this book).

That the words Siebia, Sippia and Sif play an essential part in the related word groups t-r and l-k is clear from the following, only briefly indicated, considerations.

Thor and Loki are related to the crude remnant of the terms we now "name" Mars.

According to the mutilated astrological tradition, one of the plants under the influence of Mars is the onion. The foliage of the onion is called onion-leek. Leek also refers to the " leek" (the word leads to "Peerd" f--- Pferds). (Both are p-r words.) In Sweden, the onion is called "Lök".

But the onion is still called the onion in East Frisia today "Sipel". - In Sipel, however, the relationship with Sippe (Siebia, Sippia, Sif) is clear.

The word "clan" belongs therefore as a value belongs to a class of beings that is related to the class of beings of the t-r (Thor) and l-k (Loki) nun words. Or to put it crudely: If Thor is Mars, then Sippia is the other, differently appearing Mars.—But Mars! - And the number of Mars is the number five. - The following about it:

Translated into the language of scientists, it could therefore mean: the word clan is an astrological word. - However, that would be a "questionable" statement. But you can see where "science" can go when it starts to pass judgment on astrology and nuns. -

I will say more about these points elsewhere.

Well, the word "family".

This word, too, according to some linguists, "naturally" comes from "Latin".

However, the ancient Germanic tribes had a wet court called the "Fehme", or "Fehm" for short.

We find just enough words of the tribe f-m in the Edda.

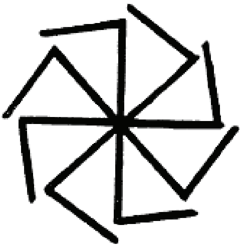
The fact that false courts were still held in the land of the "red" earth, in Westphalia, until recent times is known.

we. But the word red is also Ros (so the "red earth" is rose country) and in the inversion Tor (Thor), and red is the color of Thor or Do(na)r (Mars).

The number of Mars is therefore the number five, and in Scandinavia the number word for five is still "fine" today.

Both words, clan and family, are therefore Thor, Thr, Div words and as such are related to the essential concepts of race andRose, RassenaMucht and race-right.redand five, and thus form a fusion that gives us an idea of how firmly founded in all areas of life and views of life was our ancestors' view of the value and meaning, as well as the nature and achievement of the clan and the family.

We can find out more about this in the section: "The rose garden."



The rose garden

"Darling, oh darling,
don't travel that far from here.
In the rose garden
I will wait for you in the
green clover,
in the white snow."

We all know the above part of an old love song, the words of which are surely ancient and which has carried the tone and rhythm of an old runic song for thousands of years.

What concerns us here now are the rose gardens.

For the time being, we also remember Rose Monday evening, the beginning of the climax of the Carnival season: the choice of love, the choice of procreation, followed by Shrove Monday, the day of procreation and then Ash Wednesday. We also remember the "rose", the round window with colorful panes and stained glass, usually on the west side, often also on the north side of the church.

Then we take a look at the garden, which is located in the middle of the hall. —

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around the monasteries. This garden is called the "rose garden". - We think of the "thousand-year-old rosebush" at the cathedral in Hildesheim, the home of Hilde, the goddess of love (Hildegard). - The "fairy tale" of "Sleeping Beauty" also appears before us, the "princess" who was kissed awake by the "prince" from a hundred years of sleep in the rose bush. Countless fairy tales and legends, echoes and words that deal specifically with the rose and the rose garden appear before us and prove that the rose and the rose garden must once have played a very important role.

First of all, I would like to point out a few "rose gardens" that still remind us of the former rose garden by their name. We find rose gardens, i.e. places called "rose gardens" in Rostock, Stralsund, Osnabrück, Soltau, Wildeshausen in Oldenburg, the rose garden near Harburg, the rose garden in the former court of Gudow (Lauenburg), the Rosenhagen near Ratzeburg, the rose garden in the Pork district near Buxtehude, the rose garden in the Dorum district, the large and small rose meadows near Winsen a. d. Luhe, the rose garden (for example) near Rohrschach, an inn "zum großen Rosengarten" in Munich and the "flaming rose garden" in which the singers at Wartburg Castle competed for the rune championship, as did the twelve Rürnberg champions. A whole number of rose gardens can be found all over Switzerland, as well as on the Rhine and in Tyrol. It is clear that the rose garden played a major role everywhere.

The task that the rose garden once had is now revealed not only in the old folk song mentioned above, not only in legends and fairy tales, but also in the linguistic and armorial history.

If we now undertake linguistic investigations, we notice from the outset that we only agree with the "hallowed" views and "rules" of "scientific" linguistic research if they are really correct. Many "rules" are least of all correct because "scientific" linguistic research knows nothing of the dynamic values of language and has therefore failed to recognize that one and the same word, spoken in areas of different soil radiation and by people of different races, also has different dynamic effects.

For example, certain words can be interpreted as "Slavic", which were never of Slavic origin, but were once given to the Slavs in their regions of residence by the Germanic tribes as corresponding to their race and soil radiation. The same applies to the so-called Romance languages, among others.
It is therefore so amusing when "scientifically" from "feudal words" are spoken where old Germanic words are present, which were once given by the Germanic peoples as dynamically acting runic words to other peoples and certain colonization areas. - Evidence for what has been said here will be provided. -

Run some linguistic studies:

The two consonants that come into question with the word rose or ros are

r - s

We are entitled to exchange all vowels for the o in Ros, since, dialectally and in the course of the development of the language and its confusion, this exchange of vowels has taken place and is still partly preserved today.

We still have regions in Germany today where " Ros" is known as " Rauos" (East Frisia, Thuringia) or
"Ros" as " Raas" (in Württemberg and Thuringia) or
"Ros" is spoken as "Ruus" (in Silesia) in certain areas, among others.

From ros would develop and has partly developed with vowel substitution:

1. ras4 . ros 7 .ris 10. reus
2. res5 . rus 8 .out 11. rice
3. rös6 . rüs 9 .out 12. huge

The 1st formation is striking here in another respect
"ras", which is present in "Rasse" and the last, the 12th formation
"ries" which is present in "Riese".

In dialect, the word for rose sounds 7 times from these 12 words, namely

1. Ras
3. Rös
4. Ros
5. Rus
8. Out

9. Throat
10. Reus

as it is still spoken in various parts of Germany today.

1. result:

The words rose, race and giant come from one root.

The rose garden would therefore also be the race garden, the garden in which the rape was conceived and developed, and that is why a village that lies on the site of an old rose garden near Altenburg in Thuringia is still called Rasepha's Rassen-Zeugung).

The r-s word series above provides further information if we consider the sound shifts and dialectal transliterations.

The effects of the various sound shifts and other contexts further allow us to use the final s in ras, res, rös, ros, rus, rüs, ris, raus, etc.

withss
with ß
with sz
with z
with th
with 1
with d
and with dt

because all these sounds are sounds of the tongue or teeth, which, being obvious and dynamically similar, assert themselves temporally or spatially, or in both ways.

We can therefore also substitute ras, res. rös etc. for ras:

1. council
, wheel
2. ret, red
3. reddish
,
reddish
4. red,
rod
5. rut, rud
6. rüt, rüd
7. rit, rid10
8. raut, raud11
9. raut, räud12
. reut, reud
. reit, reid
. riet, ried

We find Zier in words for the term "red":

1. wheel (raad)
3. red and reddish
4. red and rod
5. rut and rud
6. rude
8. raut and raud

These are 10 words that denote the color red in dialect or written language.

2. Result:

Race, rose and red are linguistically related words.
Words, -

Run to the numerical value of the color red:

In all Germanic rune series, the rune R (rad, red) is the fifth rune.
-

According to the oldest and the natural succession of the planets, which I will now mention:

Saturn - number 3
Jupiter - number 4
Mars - number 5
Sun - number 6
Venus - number 7
Mercury - number
8 Moon - number 9

the planet Mars is equal to the number 5.

The planet Mars is also the "red" planet.
Its color is red. -

The "names" Do(na)r and Thor also give rise to the colors red and roth.

We remember that the number 5 in the north is also
"fem" is spoken and dah die Fehme das Rassen" gericht was.

3. Result:

We have with it furtherliteral connections, namely namely: Race, rose, red, Mars (Thor, Donar), number 5 (- fem, as fam in the word: family).

What does a rose look like when it appears heraldically as a sign of race and family (fem - number 5)?

Answer: The heraldic, the race rearing, the runic family and the race rearing place (the runic garden), or the race rearing land and the race rearing place (the runic garden).

ht characteristic rose

muh appear in red color, muh appear

rec five-leafed. -

Dah Germany, that the German Reich as the former

The fact that the five-petalled red rose in a silver field was once used as the coat of arms of the Reich is explained in the following section.

The German Reich was thus characterized as a land of roses, a land of education, a land of race. And also as the land of rose gardens, of race gardens.

As far as its borders, as far as its influence reached, the land was subject to the rose, the area was a breeding ground, a garden of the race and the rose, rose country with hundreds of thousands of breeding grounds, with rose gardens, which were the actual centers of all settlements around and became more and more.

There is no older place in Germany, in Bohemia, in Austria, in Poland, in Russia (Russe, Reuße - rose, Russia is also partly rose country and was once given as a fief by the German emperor; today Russia again has the red five-pointed star in its coat of arms), in Holland, Flamland and Scandinavia, which did not originate from a former rose garden, from a rose garden, from a rose garden, from a rose garden. -

The red rose is still worn by many towns and areas that were later still part of the Reich and some of which no longer belong to the German Empire.

Later, when the red rose in the imperial coat of arms was replaced by the red eagle, some coats of arms of imperial cities (imperial cities) and other countries were also changed in such a way that the red rose was replaced by the red eagle in the silver (white) field, or even later the black eagle in a white field, and so on.

Why was the red rose displaced by the red eagle?

Partly because the red rose was suspected after the violent Christianization.

The eagle was chosen because the old Germanic runo astrology, which placed the main emphasis on the planets, was superseded by southern astrology, which reckoned mainly with the signs of the zodiac.

Mars is the ruler in the sign of Scorpio. Now, when Mars, through the influence of the northward-advancing

The symbol of the Mars sign Scorpio, the soaring eagle, heraldic symbol of the German Empire and the imperial cities and of many of the "nobility", whose origin, by the way, was in many cases very questionable, mostly southern-lower-race, as, among other things, also the knight's armor of the Middle Ages, which seldom fit on a Germanic body.Incidentally, their origin is very questionable in many cases, mostly southern and lower-race, as the knights' armor of the Middle Ages and earlier, which rarely fits a Germanic body, proves. -

How many rose gardens and therefore exercise and runic exercise places lay once on the territory within today's Reichs boundaries?

I initially intended to list here all the places in Germany whose present-day names still refer to a rose garden. I have regretfully realized that it is impossible to list these places in this volume of the Marby Rune Library, as the scope of this volume would not be sufficient. I will therefore include these place names in a later volume as a guide for rune practitioners.

But one thing should be said here:

The place book for the German Reich (published by Otto Stollberg, Berlin SW. 68) contains around 70000 place names. Of these approximately 70000 place names, around 63,000 place names indicate that these places once had at least one rose garden, i.e. at least one one race and runic practice plaH was present.

It should be mentioned about the "Ortsbuch für das Deutsche Reich" that it does not include all places.

Moreover, several thousand villages simply disappeared during the Thirty Years' War, which the inferior Rome instigated against the heartland of race breeding and race, against Germany.

However, in the often very wide rural districts between the estimated 100,000 towns and villages of the German Reich in 1935, there are often still hundreds of old

Raising and runic exercise places, often easily, often more indistinctly recognizable.

The number of racist and rune training places and therefore also the rose gardens in the territory of the present German Empire is therefore with about 600000 ("six hundred" thousand) is not too high an estimate. -

Germany was and is in the truest sense of the word the land of roses, the racial land of the whole earth. And now we also understand why all international alliances of the Liermenschen have always sought to destroy this heartland of the race. -

A few things to clarify a contentious issue.

A good and manly researcher, Pros. Martin Stuhl, Würzburg, publicly argued about two decades ago that the rose gardens had served the breeding of horses. Other researchers, including L. Gorbing, dispute Stuhl's view^

Grimm emphasized that the interpretation of the Old German word Rose, often of course shortened to Ros, is extremely difficult, because this word is usually ro§8 and rv8?, especially in compounds, in many places and often hardly distinguishable from Roß (horse).

Visibly basing himself very strongly on the views of Martin Stuhl, Leudt claims, among other things, to have found a Rosse-Renn-Dahn in the Rahe of former sacred places of the Germanic tribes. For other reasons, we do not doubt the existence of the Rosse-Renn-Dahnen.

Pros. Martin Stuhl also assumed, among other things (this should be mentioned here), that the Hoppenlau cemetery north of the Hospital Church in Stuttgart was the site of former horse breeding in the Stuttgart district. In doing so, Stuhl also bases himself on the word Hoppenlau, among other things, and makes certain assumptions that support his view.

Stuttgart's coat of arms is a horse s!) Perhaps the picture represents a mare (I have also seen the coat of arms with a suckling mare), and a superficial interpretation of the coat of arms and the rampant Stuttgart can certainly lead to the conclusion that a mare's garden was once the main feature here. But Westphalia, Hanover and other countries also have the horse in their coat of arms. -

There are also several places called Stuttgart or Studt- gart or Stutgardt, namely Stuttgart in Württemberg, then in the district of Oststernberg (Ost-Stern-Derg) in the administrative district of Frankfurt/Oder and then near Stein am Rhein.

In addition, a bread roll baked in Drotform from better flour is called "Stuten" in East Frisia

Furthermore, the words statt, stadt, (e.g. in Halberstadt), stett (e. g . in Stettin, Stetten etc.), then stitt (e.g. Stitzenburg), then Statt (e.g. Stotterheck RD. Köln), and the similar word formations with au, eu, ö, ü, etc. can be considered.

Regarding the word Hoppenlau used by Pros. Martin Stuhl, it must be said that hops, as an important component of the popular beverage we call beer, belongs to the old Germanic word class, to which the word rose (but also the word peerd -- horse) also belongs. -

So it cannot be denied that the word Hoppenlau may have replaced the word Rosenau (and the area around today's Hoppenlauf cemetery in Stutt gart was certainly once a rose garden, as its location alone proves), although the Hoppegarten, a former rose garden near Berlin, is also a horse racing course today.

If we leave aside the linguistic disputes in the camp of even progressive scientists, because these scientists did not know the old cosmo-dynamic framing, and turn to the open or veiled sense of the German folk tales, it becomes clear how it could happen that rose can be confused with horse by linguists today.

In addition to the fairy tale of thorny roses and other rose garden legends and rose garden songs, the following old, meaningful fairy tale, which to my knowledge has not yet been interpreted anywhere, still lives among our people:

Once upon a time there was a father who had three sons. When the three sons had grown up, he said to them: Go into the world and learn a trade. After seven years, come back to this hour and put your skills to the test before Me. Whoever is the winner, shall be my inheritance.

The three sons now went out into the world, one in this direction, the other in that. When they returned at the same hour seven years later, it turned out that the first had become a barber, the second a blacksmith, and the third a fencer.

The father asked his three sons to put their skills to the test and as they stood in front of the house, a hare ran across the field.

The one of the sons who had learned to be a barber quickly whipped up some lather in his blanket, pulled out his razor, reached the rabbit in the run, ran alongside him, soaped him up properly and shaved him in the run as well. -

"You've done well," said the father. "Let's see what the others can do." -

There were horses jumping across the field and the second son, who had learned to be a blacksmith, jumped into his father's forge, lit the fire, set the bellows in motion, quickly forged four horseshoes and the horseshoes for them, jumped between the horses with the hot horseshoe and shod one of the horses with the brand new horseshoes at full speed, just as skillfully as his brother had previously skillfully shaved the running hare.

"You've done very well," said the father. "But let's see what the third one can do." -

While they were still standing under the open sky, a heavy rain suddenly began to fall, which would certainly have soaked them completely before they could reach the protective roof.

Then the third of the sons, the very one who had learned to fence, drew his sword, raised it above his head, brought his father and his two brothers to him and let his sword whirl through the air above their heads so quickly that the pouring rain flew off the whirling sword to the sides like a thick roof, and the father and the three sons could reach the house after the rain had stopped without being stung by it.

"That was the best piece," said the father, "anyone who can fence like you can also protect masters like your brothers in their craft at any time. You will receive the inheritance."----------------

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Der Roſengarten in Stralſund.

In dem Gelände des früheren Johanniter-Kloſters, das vor rund 800 Jahren auf der alten germaniſchem Aufraffungs- und Runen-Uebungs-Stätte erſtand.

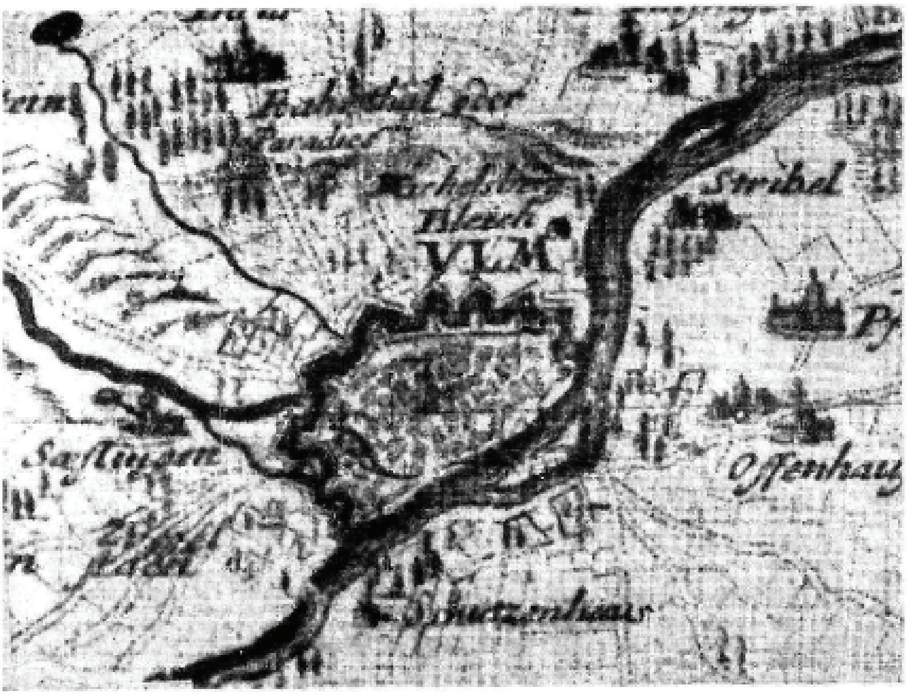

Bild 2: Aus einer alten Karte der alten freien Reichsſtadt Ulm und deren Umgebung. Im oberen Teil der Karte ſehen wir eingetragen: **Roſenthal oder Paradies.** Die Karte erbringt den Beweis; 1. einer Aufraſſungs- und Runen-Uebungsanlage und 2., daß die Geländenamen und Bezeichnungen Paradies und Roſenthal das gleiche bedeuten.

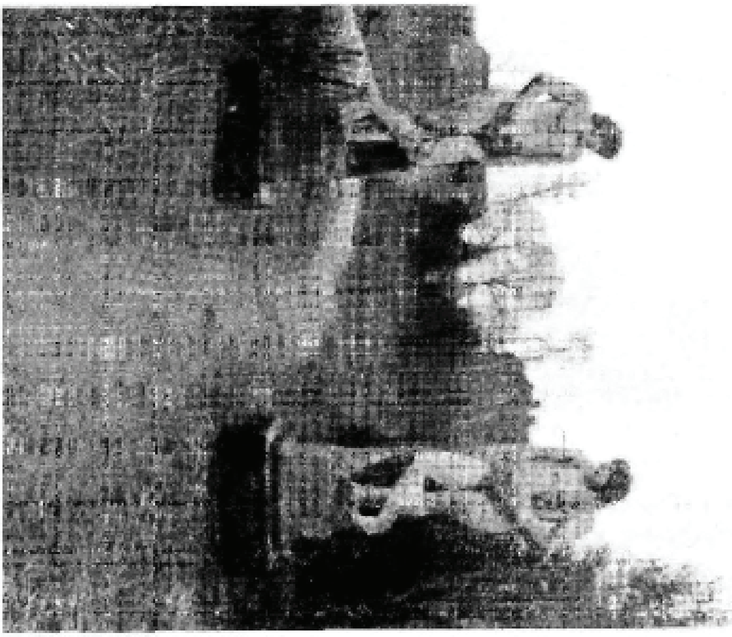

Bild 3: Ebenſolche Aufraſſungs- und Runen-Uebungsanlage

Eine ebenſolche Aufraſſungs- und Runen-Uebungsanlage mit mehreren unterirdiſchen Gängen befand ſich auf dem Gelände und in der Umgebung des heutigen Schloſſes Sutthauſen bei Osnabrück. Die beiden auf dieſem Bilde ſtehenden überlebensgroſſen Herkules-Figuren weiſen noch auf die Bedeutung dieſes Geländes hin. Das geſamte Gelände iſt heute Eigentum des römiſch-katholiſchen Bistums Osnabrück.

Bild 4: Eine der unterirdiſchen Runen-Uebungshallen in einem Runenberge („Gertrudenberg") bei Osnabrück.

Weitere Bilder bringt die zweite Bildbeilage dieſes Buches.

Bild 5: Der „Sarg" in der Externſteinanlage bei Detmold (ſiehe dazu das auf Seite 83, 84 und die vorſtehenden Seiten Geſagte). Ueber den Zweck dieſes „Steinſarges" iſt bisher Stichhaltiges noch nie gemutmaßt oder veröffentlicht. Dieſe Einrichtung diente Runen-Uebungszwecken, wie an mehreren Stellen dieſes Buches belegt und beſchrieben.

Bild 6: Eingang zu einem unterirdiſchen Gang in der Nähe der Rochsburg im Muldental, rechts der Mulde. — (Eingeſandt von Frau Schönekerl, Altenburg.)

* * *

Bild 7 (unten): **Eingang zu dem „Königsgrab" bei Seddin in der Mark Brandenburg.** Es gehen eine Anzahl Stufen hinunter, die vor einer kleinen Oeffnung enden, von der aus man kriechend in die ſogenannte Grabkammer gelangt. Auch dieſe Grabkammer war einſtmals ein Runenübungraum. — (Eingeſandt v. Frau E. Schultz, Perleberg.)

I will now interpret this fairy tale, which is certainly very old, but rich in content, and the brevity of the rough text demands the shortest possible interpretation.

In the well-known German monk's tale of the hare's race with the swineangel, the hare loses.

The hare is the moon, the swinegel is the sun. The hare runs in one furrow (the moon runs in the moon's orbit), the swinangel runs in the other furrow, at least pretending to run (the sun runs in the sun's orbit). The hare loses, although it (the moon) runs faster (the moon rises later every evening).

All "Hasenberge" are lunar mountains according to the old order, i.e. mountains under the influence of the moon. According to ancient experience, entire areas are under the influence of the moon and have corresponding names. The Harpye (-- the moon girl) is the emblem of the city of Emden, which 2000 years ago was still called Amisi by Egyptians. The Eins is also a lunar river, the Hase a tributary of the Ems, is also a lunar river. The town of Ems (bathing resort) is also a lunar place, like so many others.

Next to the Hasenberg near Stuttgart is of course Hes- lach, which also contains a Hasenstrahe.

Now the "Swinegel". The name is a double name. Swin pig and leech (-- also hedgehog, but also leech, among others).

The pig also appears as a symbol of the sun in the sun boar, which is eaten at the Iulfest, the festival of the return of the sun. - The leeches also include the leech and the salamander. The salamander appears in S-rune form in coats of arms, the S-rune is the Nune Sol, Sol is the sun.

So much for these points for now, and now to the conclusion that our fairy tale of the three sons reveals: -

The spines of the swine hedgehog and the bristles of the pig' s tail (gulinborsta - golden bristles) symbolize the sun's rays. - The hair of the hare, however, is a symbol of the moon's rays.

The barber (Darbeer) shaved the hare in the barrel, i.e. the barber removed the lunar radiation (he was at least produced its effect), because -------------------------the barbier (also called the bather), was the healer of ancient Germanic times and healed by taking into account the course of the moon, the position of the moon and the moon's radiation, also knew how to eliminate the effects of bad moon radiation, at least reckoned with it, as - the people in the countryside still follow the moon today.

The healer of the Germanic tribes, the barber, who was also called a bather (i.e. helper), because "baat et nicht, so skad et nicht", i.e. "if it doesn't help, it doesn't hurt" and praying (discussing) is literally related to beeden and baden, was disparaged and fought against from the time when the pro- and anti-people southern circles came to power. They caused the Germanic peasants' bolk doctor, the bather, to be classified over time as a "lower healer", and today he is no longer allowed to heal at all, so that he is no longer a competitor for them. -

The barber who shaves the hare at full speed therefore refers to the healer in the time of the old Germanic order.

Run the "blacksmith":

Shoeing with horseshoes and bridling was regarded in ancient times as a sign of classification in racial breeding. In a Swedish castle belonging to a "Mai tresse" of a Swedish prince, I found a depiction of the "Maitresse" in the Maitresse's bedchamber, which is usually misinterpreted. The head of the sculpture is surrounded by the bridle of a horse, an indication that this prince consciously intended to propagate his race with this "Maitresse", at a time when anti-racial tendencies already demanded the choice of a lower-bred woman as a princess. -

By the way: "Mait-resse", pronounced Maed-reß. Naturally "French". And thus related to Maid-race. - If the Maitresse was married to the prince, which happened often enough, she was married "to the left hand". The wife, who was coupled by Rome and for political reasons, was married "to the right hand". - However, the fact that the left side is the decisive side in this case is proven by the position in the tomb, as shown by the baptismal sarcophagi. The wife lies to the left of the husband. -

The shoeing of the horse in the fairy tale represents the bridling and taming of the sex drive for breeding purposes. The people were the field of activity of this deliberate breeding. The word Volk or Folk is phonetically related to the word Fohlen. Westphalia is the land of the foals of the people intended for breeding and Westphalia still has a horse in its coat of arms today, white in a red field.

The word Roß, like Rasse, Reiß, Reis, Ros *) and Rose. Raus, to the related word complex, which also includes Rot, Roth, Reuter, Reiter and the color term red. The horse could therefore also refer to the breeding of people in fairy tales. That is why the horse in the coat of arms of the states of Westphalia and Hanover, namely white in the red field, is also still speaking.

The horse*) in the red field, which is shod, represents the breed rearing in the rose garden represents and the the knowledge given to the people . Hence the expression applied to a person who has been taught: "He is beaten. -

Run would still have to interpret the art of the third son, the fencer, from the symbol.

---

*) Das Pferd heißt in Schweden „Heß“. Das Wort „heißen“ iſt mit Heß verwandt. Als in Heſſen, einem wichtigen Aufraſſungsgebiet des Raſſenlandes und Roſenlandes Deutſchlands, die der alten Raſſenreligion feindlichen Beſtrebungen unter der Prieſterſchaft aufkamen, nannte man die Heſſen im übrigen Deutſchland die „blinden“ Heſſen, weil die Prieſterſchaft die Runen- und die Raſſenkunde aufgegeben hatten, alſo blind geworden waren.

Auffällig iſt die Sage von den goldenen Äpfeln der Heſperiden, die Herkules gewann. In dem Wort Heſperiden finden wir das Wort Heß wie das Wort Perd = Pferd vor. — Das Heſperidin iſt ein Stoff, den man aus der Schale der Pomeranze (Apfel, Pommern iſt Apfelland), der Orange oder Apfelſine gewinnt. Eine alte Form des Wortes Apfel iſt auch Haphel, Hopfel (Hapale = der Seiden-Affe. Apfel und Affe und ave umgekehrt Eva, bedenke!) Das Wort Heſperide gehört nach Hes auch zur Wortgruppe h—s und damit zu der ähnlichen h—p. Darum auch Hipponthrop (Roßmenſch), Hyperboreer (das Volk des hohen Nordens). Das Wort Hyperboreer enthält daſſelbe wie Heſperiden. — Das Wort Hoppenlau, Hoppegarten und ähnliche Worte ſind daher mindeſtens mit Obſtgelände und Obſtgarten erklärt. — Die Hecke der wilden Roſe, die den Roſengarten umgab, umhegte natürlich auch den Apfelgarten und Birnengarten, in dem die Pferde weideten unter Apfel- und Birnbäumen im grünen Klee. Die Birne heißt auch Peer und Beer. Nicht weit iſt es da zu Peerd oder Pferd.

Wir haben alſo in den Worten Roſengarten, Roßgarten, Peerdegarten, Pferdegarten, Apfelgarten, Hopfelgarten, Hoppegarten, Hoppenlau uſw. Worte, die Teile eines zuſammenhängenden Ganzen, Teile der großen, mit Hecken gebildet von der wilden Roſe oder anderen Dornarten (darum der Ort Appeldorn im Kreiſe Cleve), Ortsbezeichnungen vor uns, die wir als ehemalige Aufraſſungsgärten betrachten müſſen. Ein Hinweis auf dieſe Zuſammenhänge iſt auch noch folgender.

Die einſtmals weſtlich, öſtlich und ſüdlich von dem Runenübungsplatz gelegene große Gartenanlage, der Roſengarten, lebt heute noch im Sprachgebrauch dort, wo der

It would be very easy to prove the linguistic relationship of the word fencer and fencing and spruce (the tree) with the word rose. The word fencing is also related to sweeping. Sweeping is done with a broom, which represents a bundle of rods, a group of runic sticks. The fencer fences with a sword. This latter word is not a loanword, but an ancient native word from the word group to which dögen (---fit), Lugend etc. also belongs. The capable fencer here is the runic practitioner who uses runic exercises to ward off unfavorable cosmic influences, so that the old order itself (the father) and the racial heritage (the father's legacy), so that the wedge art (the first son and his art) and the racial upbringing and the racial order (the second son and his art) are under a protective roof, under the protection of the runic powers of the runic practitioners.

So much for the fairy tale and its interpretation. I have also provided a few more perspectives and clarifications in the footnote on the issue of raw or rose.

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weſtliche Teil der Kirche heute auf dem Gelände des einſtigen Roſengartens ſteht. Dieſer Teil der Kirche heißt heute noch im Volke Roſengarten und die Weſtfront der meiſten Kirchen enthält ja auch durchweg ein großes rundes oder ſternartiges buntes Glasfenſter, die — Roſe.

In anderen Orten hat „man“ dem weſtlichen Teil der Kirche den mehr bibliſchen Namen Paradies gegeben, um das Wort Roſengarten zu verdrängen. Um nun dennoch den alten Wert der Stätte, die ja einſtmals tatſächlich ein Paradies und auch Apfelgarten war, zu kennzeichnen, brachten die Steinmetzen und Maler oftmals innen oder außen an oder in dem Weſtteil der Kirche Adam und Eva und den Apfelbaum an.

Auch die Ziege, die an der Welteneſche der Edda frißt, fällt mit einem ihrer alten Namen, Hippe, in die Reihe der h—p-Worte. Die Ziege iſt auch die Gais. Dieſes Wort Gais oder Geiß — g—s oder g—z — iſt in Umkehrung mit z—g die Zieg, Ziege. Zwiſchen der Gais und dem Birnbaum beſtehen ebenfalls Sinn-Beziehungen. Eine der beliebteſten aller Birnenſorten in Württemberg trägt den ſonſt unbekannten Namen „Gais-Hirtle“. [illegible] läuft von der Gaiseiche auf dem Haſenberg, dort, wo ein alter Runenplatz ſich befindet, eine gerade Linie über die Stiftskirche in Stuttgart nach Gaisburg. — Der Schwabe ſagt

also dialectally not "Erziehung", but "Erziehung" and for "erziehen" he says "Goats".

So much for the material and some notes on the question of Rose garden, Rotzgarten.

Wir ſehen daß der Aufraſſungsgarten der Germanen zugleich Zuchtgarten für Menſchen, Tiere, Bäume und Pflanzen war.

Auf eine andere „lateiniſche“Bezeichnung des Pferdes — „equus“ — gehe ich ſpäter noch an anderer Stelle ein. Dieſer Name beſtätigt nur das vorſtehend über das Pferd Geſagte.

That's why Germany!

Today's Germany is only a part of the former Germany, as far and as long as the political borders are regarded as authoritative. We know that.

When the national states emerged as spheres of power of the princes and ecclesiastical rulers, the boundary of these states was where their power had its limit.

When culture, and every true culture was based on the breeding of the races, was still decisive on earth and in Europe, there were no borders. A single cultural area was the territory of today's Germany, Denmark, Sweden, Norway, England, Russia, Austria, France, Italy, Spain and south-eastern Europe, including today's smaller countries, and at one time the whole world was covered from here.

The great racial land of Germany was divided into various larger or smaller regions, depending on the particular radiation values of the country. These individual territories often remained in their original form as bishoprics, archbishoprics and fiefdoms under some kind of rain when Christianization began by force.

Denmark and Scandinavia, large areas of Russia still belonged to the old empire of the old order before the appearance of Charles the Saxon-Slayer. The emperor "Bar barossa" still transferred Russian fiefs to men he could rely on. The "invasions of the Sorbs into the territory of the empire", which was by no means precisely outlined, is rather to be regarded as a fall of some parts of the old imperial territory, whose inhabitants now advanced to the west and north.

Until historical times, the area of the lands surrounding the North Sea was the central march of the Ger- man Empire. - On today's German soil, it was mainly West and East Frisia, the area on the Eins (with Osnabrück and the Osning), the area on the Lower Rhine (with Eleve, the place of Lohengrin and Tanten, the birthplace of Siegfried, according to legend) beyond Cologne (holy Cologne played a similar role to Rome in the decline of the Germanic order) and the area around Werra, Fulda and Leine beyond the Harz and Thuringia that were the central marches of the German Empire.

To the west, England belonged to the borderland of the old order. - The Lanö Bridge to Denmark, like the land of the Danes, then the lands on the Baltic Sea, were also, like the Mark Brandenburg, with the central area of the old order.

It is nonsense to assume or even "prove" a Slavic indigenous population in the lands east of the Elbe, just a s it is nonsense to erect "racial-cultural" walls between Germanic tribes and Slavs, which in reality do not exist at all.

The "Slavic" peoples had the same racial order as the Germanic peoples, but, like the West Rhenish Germanic peoples, they fell out of this order at times and became hostile to the mother country.

The racial breeding process of the old racial order has always had more effect and influence on the racial type of the people, where it existed, than the science of today realizes. May I draw attention here to the "Slavic^Russian" type of many Germans aged 20-30 today, who were conceived, born and brought up in the heyday of anti-racial ideas and aspirations, when the racial movement was not yet fully effective? -

In Europe, which was under a racial order, it happened from time to time in the border countries that the racial pseudo-settlers, forming a priestly caste, gained too much power and "founded" their own empires, outwitting the people.

This led to the temporary segregation of the so-called Slavs. Celts, Franks and other "races". The original meaning of the segregation lies in the "language" habit in which these peoples are still understood today as "other races", namely that these peoples now either wanted to pursue racial upbringing in other ways than before or no longer wanted to attach any importance to racial upbringing. order ---------------and a non-racial order is always a different racial image ---------Breed is not only genetic material. Heredity good is material. Only racial order and upbringing ensure the continuity and higher development of the breed.

The egoism of the priestly castes, their quest for power and domination, were the gravediggers of the great racial Europe. Without the fragmentation caused in Europe by the priestly castes, above all in the border countries of Germany, there would never have been "secular lords" in Europe, in contrast to the "spiritual lords" - without this fragmentation, the rise of the racially hostile Christian doctrine and church in Europe would also have been impossible.

Long before the penetration of Christian teachings into Europe, many areas of Europe had already fallen away from the old racial order or had changed this order. The old order lasted longest in the area of present-day Germany in Holland and in Scandinavia. Until the Middle Ages, the Frisians in particular were the bearers of the old racial order.

As the heartland of breed breeding, Germany is naturally worthy of our special attention.

We therefore start from the country that has maintained the racial order the longest, Germany.

The name of the European heartland of Germany (Tius- ko-land) is no accident and by no means an empty term. Our ancestors did nothing without meaning, purpose and goal. They knew what they wanted.

A few separate brief observations will now give us some information about the country and the ramen. I reserve the right to provide further explanations.

Tms-Tyr.

Liu, Tyr, Tir, Thor, Tor, Tiut, Diet, Teut, Donar - these are some different formulas of a great important value complex, according to the dynamic world view of our ancestors.

<A transformation, a reversal of existing tensions is the essence of these dynamic formulas. Wherever a redemption from the previous state, a liberation from tensions, a salvation, a turning point, an opening up, a becoming light characterizes the event, it is Lius-Lyr words that emerge. These words are keys and preparers of a special radiation. Where they appear, this radiation works from the tree, as from the material, from the sky as from the earth.

When the dynamic knowledge sank because the peoples of the north mixed their blood with lower peoples, all dynamic formulas became names of the "gods" , these dynamic values themselves became "gods".

An important dynamic value muh be present in the t-r group, values that above all initiate the emergence of a new state as unlocking values. Ge waltig was the "God", who always appeared under different "names" in a different guise, depending on his effect, depending on what he valued, what he brought about. -

Loge is related to him, is a special effect. Loge was later called "Lo gos" by the Germanic tribes of Greece, and later became the " creative word"

------------- Loge, Loki, LuKfer, Loges, formulas once, dyna mic Nunen formulas, they became "gods" and "demons" of the later, in decay thinking themselves clever, mankind.

Lius also became Zeus, the thunderer of Olympus. Theos is another aspect. In Theo-lvgie two words of the dynamic group of the Tius-Loge are merged. Ne-ligion means the return to Loge, Lok, Logos, LuKfer, to the creating Aclicht and Arwort. -

Tyr became Mars in the Italian initiation area of ancient times.

Because planets also became "gods", were regarded as "God" when the knowledge of the dynamics of being and suffering was clouded.

The "god" Mars (Mar-Dius) became the celestial body that mediated the Tius-Tyr values.

Once recognized as one of the transmitters of the Tius-Tyr values, the red planet has now become both god and demon.

It became a race when knowledge fell into decay,
"God", Dastardvölkern he became an ominous "god", an evil "demon".

The effects of Mars are many and varied. For the bastard astrology of the South, this planet Mars became the "Uebeltäter", because Lius, Tyr, Loki, Lukifer, Lux, Logos, Mars etc. is the planet of the race, the one race, the Lius-race, the German race and the land of the race, the race-rearing, the race-land is the Lius-land, is Germany. -

But we recognize today:

Power-sound (dynamic) formations, runic words, which were spoken during stirring physical exercises, sank down to "names" of "gods", countries, planets and thus naturally became unintelligible.

Race-creating runic words became "names". More about this now:

Thor - red.

Tyr, also known as Thor or Donar (Dosnafr), is the driving force that creates the race.

He has a helm (Swedish --- Stjern) in the spaces of the heavens, the planet that the southerners call Mars. Red is the color in which the rays of Mars sparkle to the earth, red is often the hair, brand red to golden red, which he gives to those he has drawn in excess.

The rune Tyr, Tir has its antithesis in the rune Rat, Red, Rit. For:

tar, ter, tor, tur, tir

results in inversion:

rat, ret, rot, rut, rit.

In "ret" we also find "reden" (runes speak) in "rit" we also find "Ritus".

The effect of the dynamic word "Thor" results in the reversal of the word into: "Roth". Red is therefore the color of Mars.

Where once there was breed breeding area, we still find today mostly the red color with as emblem color.

Thus the Donarland Denmark, which bears the holy cross in the red field. Thus the red fields of the coats of arms of Hanover, Westphalia, Poland and Gdansk. So the coat of arms of other countries and cities in red color.

ttl - s

The th is still pronounced as ss in England today. If we speak the t in a soft tongue position and immediately follow it with the h, the tongue palate s is formed.

If th - s, then roth -- ros. -

Roth is therefore also a rose. As the color red is the color of the race, the rose is also the flower, the plant symbol, the heraldic symbol of the race.

Llebrigens is Ras (Swedish -- race) also Ros. Only a and o are interchanged.

We have thus recognized the rose as a symbol of the race and the breeding of the race, and since roth and ros correspond linguistically, the symbol of the breeding of the race, which comes from the plant kingdom, is the red rose.

Lind the symbol taken from the animal kingdom?

The runic th also appears as sz in the old spelling. Rosz (^ Rose) and Rosz (-- Roh) are written with sz.

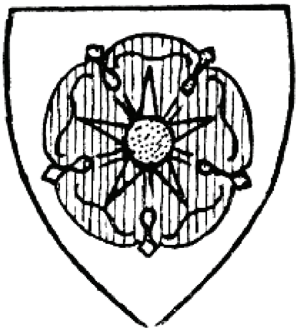
But the word Roh is a derived word. Older and clearer are the words "Peerd" (-- horse), Heh etc.

The derivation of the word "Roh" came from the fact that within the rose gardens there were also horse gardens, horse grazing areas. In this respect, the rose gardens surrounded and criss-crossed by rose hedges were also raw gardens.

When the era of breed breeding began, the red rose as a symbol of breed breeding was replaced by the image of a horse ("steed").

The rose was replaced by the "Roh" coat of arms among others in the coats of arms of Westphalia and Hanover. Other coats of arms can also be checked for this.

For the initiated, the Roh (horse) could therefore rightly be a reference to the race garden, to the Germanic idea of breeding. For the uninitiated, it is only a symbol of - horse breeding - and - it should be.



The old coat of arms of the German Empire (red five-petalled rose in a silver field).

Germany, the great Rosenlaud, the LLassenland

A symbol of race rearing, if it was to be "re dend" (dynamically effective), had to be included:

1. The word "Ros", meaning rose, is related to the word "Rass";
2. smelled" the sound related to the world of colors, i.e. the red color;
3. the number "far", i.e. the number five, which is related to the world of rhythms.

That is why the original symbol in the coat of arms of the German Empire was

the red five-petaled rose.

The red five-petalled rose stood in the consecrated (secure) field of the coat of arms.

This consecrated field (weih---wiet--wissen, walten) spoke of the land in which the knowledgeable ruled, in which the knowledgeable cultivated the breeding of the races as a cultural task.

How it came about that later the red eagle in the white field became the imperial symbol, how it came about that certain countries and cities retained this symbol for a time, while other countries adopted red as their field color. (^ once was)ier Rassenaufzuchtsland!), or adopted the horse as a heraldic symbol, I have already discussed and also dealt with in the section "The Rose Garden". What for the rough rose garden, the large breed garden, for German

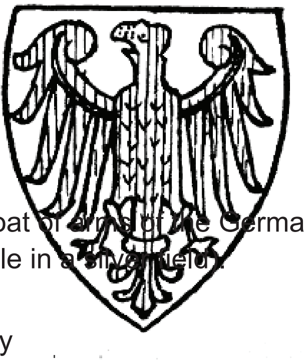
The same principle that applies and applied in Germany also applies to the approximately half a million rose gardens in the country. Despite the brief, line-by-line description, repetitions (which the reader may forgive) cannot be completely avoided when considering these connections.

But one thing is certain, and our further investigations will prove this a thousandfold and unshakeably:

Germany is the race-breeding country of the world, the race country. The landscape of Germany proves that this racial land was a single racial breeding garden, and that the path of breeding in such a large race garden in success increased in such a large racial garden, the Runic gymnastics was and is and - will be again! -

May the unintelligent, those who do not "understand" or "reject" out of "class" or "religious" considerations, twist and turn because it does not suit them, the dark ones, whom we will bring to extinction, that the people as a whole are being led more and more to the conclusion and final utilization.

We will make Germany, against the will of all internationally bound "sciences", a land of race again, a land that will once again become the land of race radiating over the whole earth from the consciously formed landscape and the renaissance forces that have become runic life. -



The later coat of arms of the German Empire (red eagle in a silver field).

The general layout of racial gardens.

The main purpose of the breed gardens was to preserve the breed and breed breeding.

These racial gardens were laid out according to the available landscape. Where necessary, the landscape was changed to suit the purpose.

The first main requirement was water. Existing lakes, streams and rivers therefore helped determine the location of the raising gardens.

Streams could be relocated or diverted or their water dammed. And that is what happened. At the same time, there was the benefit of being able to build a mill (watermill).

The shape of the mountains (rune mountains) was also determined by the shape of the landscape.

Where the terrain was flat all around, a circular hill with concentric exercise rings was often built. The earth excavated at the foot and in the vicinity of the hill created depressions that filled with water. (All former and present-day "moated castles" were built in this way).

Where there was a ridge, the ridge was divided into two, three or four overlapping ridges by artificial incisions. As natural ridges usually develop between two watercourses that cut into the terrain, water was usually present next to the highest point of the cut and at the foot of the ridge.

Where there used to be a watermill, or where there is still a watermill today, there was in most cases also a race garden or in the Rähe).

Rivers were also relocated, lakes and dykes enlarged or reduced in size. Mountains were cut through, rocks were blown up to make the water surface more suitable. Lakes and bodies of water were also newly created or formed from dammed water. - New springs were also sought with the divining rod to create water. - !

The second main requirement was for increases and depressions in the terrain. The location and extent of existing ground elevations, ridges, hills and mountains were also taken into consideration when setting up the facility.

Existing elevations were modified to suit the purpose. Where mountains or mounds of earth had to be created artificially, depressions, ponds or lake basins were created at the same time. - Earth was also extracted from the construction of underground passages.

This is what we have here:

1. Artificially created levee-derge from the ground up;

The artificially created aeration mountains, mostly round mountains with surrounding water surfaces, usually formed the center of the aeration garden.

2. A leveling derge created by artificial modification.

The existing ridges or mountain ranges, which have been appropriately transformed into levelling ridges, usually form the west-eastern axis of the layout garden, are usually located in the eastern part of the layout site and are usually mostly long mountains (multi-ridge mountains). The largest water area is or was mostly located in the eastern part of the raising garden and to the east of the long hill.

The facilities are grouped around the runic exercise derge.

Their type and usually desired position is indicated below:

Mostly north:

Administration building of the educational garden, teaching gardens and classrooms for advanced students (for runes, astrology, astronomical and astrological calculations, calendar studies, racial and clan studies, etc.), residential gardens and homes of teachers and pupils (usually over 40 years old) in the Rahe. Also often the seat of the court and the place of trial.

Mostly to the east:

Gathering places for the whole people at "rune" educational games (which later developed into the theater, the Bal lett), on the occasion of public procreation festivals (later and today " Kirbe", " Kirchweih", " Fasing" etc.) on the Easter meadow (the meadow to the east), on the bird meadow (on the meadow where the "birds", the priests, taught.) on theOsterwiese (the meadow to the east), on the Vogelwiese (on the meadow where the "birds", the priests, taught), also the festival meadow, playing field, also the stand for refreshment stalls, stalls, (later often the market place, often the beginning of the village and town settlement).

Often water to the east of this place. Often also a dam and mill. Often a dade site.

If the water was too close to the mountain, the "Oster- meadow" was probably also on the other side of the water, i.e. to the east of the water.

Mostly south:

Near the center: plant breeding grounds (flower gardens, medicinal herb gardens, breeding gardens, educational gardens, etc.).

More away from the center:

The animal breeding area (pasture area softly combined with tree gardens), building ponds for animals, fish ponds, stables, etc.) - Smaller stables for pedigree stallions also north or south of the center of the breeding facility

Mostly to the west:

Rahe the center:

The rose garden (with play areas, mazes, stone settings, play pits, rose arbors, rose walkways, "rune" playgrounds, sunbathing areas, corpses, etc-, all facilities, meeting houses, etc.

Hamlet to the west:

The health grounds (Zeilquellen Gardens, healing gardens, reclining halls, infirmaries, etc.), partly next to and partly in the rose garden, often to the south and north of it.

Roch hamlet to the west:

Continuation of the rose garden (often also to the south), also the "DoWswang" (Vorsänger. Anger), the people's burial ground, also dikes, often also hospital grounds, also often a meeting place for certain folk festivals, often also the festivals that otherwise take place on the "Osterwiese". (Today often also a sports field, marksmen's festival grounds, often also a cemetery, former or current monastery grounds, etc.)

Mostly southwest:

Multiple rows of trees and streets for races, horse races, chariot races, as well as training and betting grounds.

Often from east to south to west and north, surrounding the entire terrain:

Rose gardens, which formed an impenetrable rose hedge and stretched over dales and hills (hence the names Rosengarten, Rosenberg- strahe, Rosental, Rosenanger, Rosenfeld, Rothebühl, Rother hang, Rosenhang etc.), also hedges of other thorn bushes.

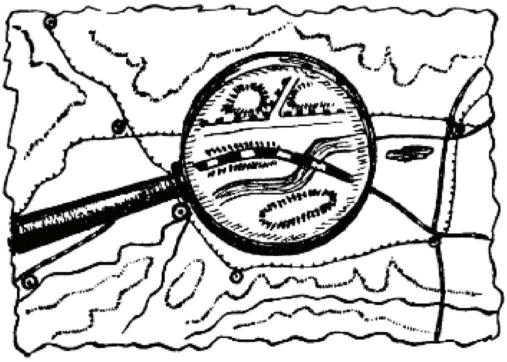
Around the Rassengarten:

Woods and meadows and farmsteads.

This gives a general idea of the individual plants in the collection gardens and their approximate location.

Before I present a general plan of the raising and rune-^living gardens, or provide evidence from old maps, it is necessary to discuss the individual facilities of the raising gardens as the Germanic tribes created them wherever they lived or colonized.

However, I would like to give you a few hints in advance that may be useful when searching for the areas of the former breeding grounds.



Searching for the old flufrossing flnlagen

If the readers of this book pay attention to the information published above for the first time and consider that round mountains were mostly located in the center of these runic gardens and long mountains mostly ran through the eastern part of these renaissance and runic practice gardens, then the location of the water of a present or former lake or pond or river is taken into account at the same time, If the indicated borders are taken into consideration, and the occurrence of the wild rose, or even of garden flowers and garden shrubs in the middle of the forest is observed, and if the location of former or present churches or monasteries is taken into consideration, then it is not difficult to recognize and establish the location of the once approximately 600,000 race gardens in Germany (also the location of the former race gardens in many other countries) and their facilities.

On our voyages of discovery or explorations we have with us:

1. a compass;
2. a map of the area or city with the cardinal point;
3. older maps if possible;
4. If possible, a previously prepared alphabetical list of street names, square names, names of farmland, fields, streams, etc.;

5. if possible, the old coats of arms relating to the area or town.

Old sensible people, farmers, old police officers, old gravediggers who are not too officially pious, sensible pastors, even so-called " eccentrics" and
"Loner". Rarely do academics know anything, at least those who are so "official" and "befitting their status" do not. We don't ask those who splash about in the shallow waters of so-called education because they know nothing. The "simple-minded" among the people know more than they do. Those who are forever bound by the oath of allegiance know nothing either, and if they know a little, they reveal nothing. Rather, they are ready to talk and should be told so much that they turn black. - So the best thing to do everywhere is to turn to the "common people", ask and answer questions. You have to learn how to ask questions and how to answer them. - And we don't do either - officially.

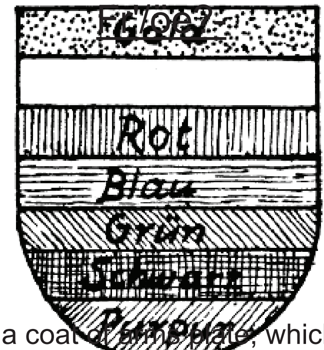
We divide up the research work. The best time to inspect the area is early in the morning on weekdays. You can meet people who know something on the street, at work in the fields, standing outside the door in the evening, and sometimes in the pub. It is a good idea to ask older gardeners or landowners. ____________________

You don't always come straight away with what you want to have answered. You are also obliged to be able to offer something in return. We know of medicinal herbs that help with illnesses. You say so. Or you know about water applications, or biochemistry or homeopathy. You give advice and help here and there, simply, without demanding compensation, without feeling bad, without grandstanding and always on an equal footing.

Visiting the inside of a church can be useful. The best place to find out what the local coat of arms looks like is the town hall. You go there in the office hours. If there is no coat of arms, ask for the local colors. If the colors are white bread, the coat of arms is white, the field of the coat of arms is red. If the colors are red and white, the coat of arms is red and the field is white. The color of the coat of arms is always the first color mentioned, even if the coat of arms has been changed.

was. The upper color in the flag is the color of the coat of arms.

Wherever coats of arms appear in newspapers or books in black print i.e. uncolored, we adhere to the inter nationally customary type of color representation, as shown in the following picture.



Sample of a coat of arms plate, which shows the individual colors in black print.

Examples:

Where the coat of arms image appears dotted, the coat of arms image in the original colored coat of arms is golden or yellow. If the coat of arms field appears dotted, the coat of arms field is golden or yellow. Yellow replaces gold. -

Where the heraldic image is white, the heraldic image in the colored coat of arms is silver or white. White replaces silver.

Where the heraldic image is shaded vertically and the field of arms is white, in the colored coat of arms the heraldic image is red and the field of arms is white.

The color of the flag would then be red and white, i.e. red at the top and white at the bottom

Where the coat of arms is horizontally hatched and the field is filled with horizontally and vertically crossing lines (checkered), the image is blue and the field is black.

The color of the flag would then be blue-black, i.e. blue at the top and black at the bottom.

Short examples:

Coat of arms of Prussia: Black eagle in a white field. Flag: black and white.

Coat of arms of the city of Berlin: black bear in a white field. Flag: black and white.

Coat of arms of the state of Brunswick: white horse in a red field. Flag: female-red.

Coat of arms of the city of Brunswick: Red lion in a white field. Flag red and white.

Coat of arms of the city of Bremen: White key in a red field. Flag: white-red.

Coat of arms of the city of Coburg: Mohrenkops in a golden field. Flag: black-gold.

Coat of arms of the city of Cottbus: red city gate in a blue field. Flag: red-blue.

Where the coat of arms has several colors, the coat of arms field color will always be the lowest color in the flag.

Coat of arms image, coat of arms image color and field color may be important for our later investigations, especially where genuine local coats of arms are concerned.

You make a note of everything.

From the pastor of the church one tries to find out which "Saint" is the patron saint of the church and on which day the patron saint's day is celebrated. In Catholic churches you can find out quickly, but in today's Protestant churches sometimes not even the pastor of the church knows. But then he takes care of it, and the next time he knows. Often the sexton knows too.

However, the results of research into the nature of the church (where it stands on a former runic training ground) are not always authoritative. Certainly one key can be applied: Astrology; but according to the rules of astrology known today, it does not work or one goes wrong. I will publish the right key later. A more detailed work is necessary for this.

Within the built-up areas of larger cities, you will often be able to find a number of former race and runic practice gardens. This should not

This was surprising, as the large number of runic practice sites was proof of the importance and sacredness of the place and therefore also the reason for the development of a larger town.
- However, if several rune-nesting-terraces are close to each other, the plants that would otherwise have been present in a raising garden will not always have been present around each of these nests. In this case, the plants complemented each other.

The old town history (old number of mayors, aldermen, etc.) also provides information about the former existence of several market gardens where a larger town is located today (old towns with more than 15-20,000 inhabitants are considered larger towns), as well as the number of market places then and now. We must bear in mind that the market, which took place several times a year on the Osterwiese or Vogelwiese of the Auf-, rassungs-Anlage, later developed into a series of permanent stalls, residential stalls, residential houses, the market, the market justice and, in the wider extension, the place, the village, the town. As the town grew, several market squares (once Easter meadows) were located in the district and often the former Easter meadows are still used today as market squares (i.e. several in one town), or a market square officially became "the" market.

The location of the former general survey gardens and squares is also indicated by the plots of land, houses, meadows, corpses, etc. that were (and still are) owned by the city, the church or the treasury.

These training and running facilities were once the most important, most sacred common property. When the Christians came into the country, this property was not as easy to steal as the other Dolksland. In some cases, the Christian church took the place of the old popular church. The teachers working in the educational institutions became monks of the Christian church, lived on in peace, some hoped that things would change again, others wanted to secure their "existence". But everything was there. Orchards and flower gardens, "monastery" buildings, council cellars, etc. So it was very easy to tell a later, ignorant time: "the 'Christian' monks "would have cultivated Germany."

The right to use other runic training grounds slipped into the hands of the "knights" (riders) in the same way. They came from the horse-breeding gardens of the training facilities,
i.e. they stayed there, administered for a while in the understanding with the people who remained loyal to the complex and became De-Sitzers over time. They remained there and built dwellings, mostly on one of the rune derge

Other rune-utilization and education systems remained the common property of the empire. This is also the origin of the imperial cities. Cities that arose on these sites emerged.
Cities, which imperial
were only subject to the emperor (who was once the highest runic authority) and not to the "knight" or "bishop", who in the meantime had become the "sovereign".

Where the rune-living systems fell apart, the area also became imperial property and fiscal, or in some way the property of the indirect or direct public authorities. (Alpine pastures, common land, urban land. State forest, fideicommih, fiscal land, church land, "noble" land ownership, etc. These are the various forms of "desit^ rights" which are usually very much up in the air).

The past and present ownership structure of a property
The location, number and size of the former raising and rune-raising sites can therefore be deduced from the location of the site. We must also bear this in mind.

However, it should also be borne in mind that individual Germanic tribes also set up a runic practice site for their personal use. - Even in "Christian times", followers of the old faith and secret knowledge of individual remnants of the runic practice technique secretly had their runic practice places as "hermits" or "holy men" under a Christian mask, and often these hermitages were true places of blessing for the people, even if the sign had to be "Christian".

We go on a journey of discovery.

When looking for former runic settlement sites, you have to bear in mind that Europe is very heavily drained compared to the past. Where there are meadows and forests today, where there are houses, villages and towns, there was once often a pond, a roof or a lake.

and guides through the former rose and race country of Germany, as everywhere else where Germanic-Aryan culture was once dominant for a time, we first of all take note of all the elevations in the terrain, however slight they may seem, to the east, north-east, north and southeast a stream, a flood, a lake, a swamp or is located in front of it. -

These now conspicuous terrain conditions and landforms can of course be observed more easily in rural areas unoccupied by residential areas than in built-up urban areas.

In the case of streams or rivers that still exist, we should bear in mind that the stream of today once had a flood width and that streams and rivers in general once mostly filled the entire width of the current dale.

As a result, water was once often found in the east where we would no longer expect it today, or no longer see it.

It should also be borne in mind that all mountains were once higher than they are today, unless the rocks are as high as the Dergesspitze. Due to this greater height of the mountains, there was often a view of terrain that we can no longer see from our vantage point today.

Where water was once, and often still is, present in the subsoil can be seen from the water-indicating features in the terrain.

These are: Willow tree stumps, willow trees and -The presence of reeds, the presence of aquatic plants, in the evening or in the cold season the presence of rising vapors and fogs, lush and mossy meadows, full lush foliage of trees often covered with moss, the presence of springs and fountains, etc.

Often where there used to be water, there were later clay pits for brickworks or tanneries or are still there today.

The insect world is corresponding. Snails can be found a lot. The shell of the water snail can often still be found on the ground. Frogs like to stay in the area. Waterfowl and dragonflies can often be seen there. Ants are usually absent unless the ground is filled in.

On and in existing buildings: appearance of wood rot, decaying wood, constantly rusting iron parts on door and window fittings, moss growth on the roofs, moldy bread and food, musty smell in the rooms, etc.

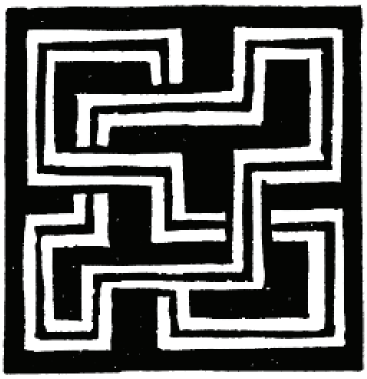
Then we note the names of the terrain, such as Tal grund, Weidgrund, Aalwiesen etc., or the names of paths and streets, such as Fischerstraße, Teichstraße, Dachstraße, Drückenstraße, An der Drücke, Am Steg, Reiherwiese, Storchgasse, Badstraße, Morgengasse, Ostergasse, Riedstraße, Große Blei chen, Moorstraße, Entenpfuhl etc.

Once the former or current presence of water has been established, we take note of the boundaries of the terrain around the former or current (often much larger) water deposits.

Let us turn our attention to the hill, or the elevation, which lies to the west (mostly) of the former or present water surface. I have said and continue to say in other places what to look out for here.

Run we explore the terrain all around. Here we find terrain (GewanL) ramen, which in this or that form, then point to the former raising garden, or a raising facility, in short to a rune-raising site, with an enclosing raising garden in abundance.

This is how we research the area. I will now provide further information to facilitate the research.



^sn of the earth ..,

As people of the clearly awake present, our ancestors were always consciously children of Mother Earth first. As people who had recognized the meaning of life, they knew about the sacredness of the clod, which had formed and would form the bodies of the living beings of the earth, including the bodies of human beings, in millions of successive changes of form. - A handful of earth suffices as the material of a human body. - The globe consists of the remains of the bodies of once living beings of life.

Just as the past is the mother of the present and the present is the mother of the future, the earth is also the beginning of all present knowledge, which can then give birth to future knowledge.

Ard (earth), place and kind are a trinity that finds a different coinage in "blood and soil", in "soil and blood".

Anchored in the earth is the springboard to the full experience of the universe, anchored in the place is the birthplace of the species, the race, which should and must determine the face of the earth.

Where the race is to become the race that nurtures the earth, the race that storms towards heaven, the race that develops towards divinity, it must first charge itself with earth power in order to be able to achieve full fulfillment of its tasks.

This unloading with the forces of the earth, with the radiations of Mother Earth, is necessary to create a strong, powerful, to achieve a body that can withstand all the rigors of life. For it is not the spindly man who physically presents the image of massiveness, but the full-bodied, muscular Nordling, harmoniously built in all proportions.

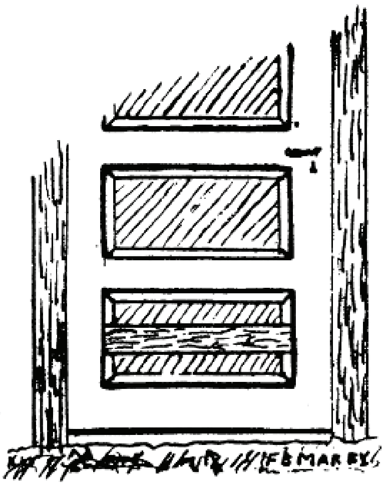
The earth also represents the principle of the receiving side of nature. Fertility is only inherent to those people and nations who remain in constant contact with the earth. Infertility is the inevitable fate of those peoples, classes and people who lose contact with the earth physically, mentally and spiritually. Where infertility is the result of the earth's weakness, increasing un-wetness, degeneration is the concurrent phenomenon.

As our ancestors knew, real racial humanity, and vigor is only full humanity, can only be achieved and maintained if one draws from the three primal sources of life.

These three primary sources of life
are: The radiation of the earth,
rest and movement,
the radiation of the sky.

Dam, the subterranean or semi-superterranean rallying and rune-raising facilities once played a major role in the rallying system of our Nordic ancestors, wherever our ancestors determined the face of the earth.

In the following examination of the individual facilities of our ancestors' raising and rune-raising installations, we will therefore begin with the underground facilities and installations and then gradually cover and appreciate the above-ground facilities until the overall picture emerges.



The underground passages

I have convinced myself that an interconnected system of subterranean passages still exists today, radiating from the north polar regions far into the south of the earth under the continents of Europe, Asia, Africa and America. However, not all of these passages are still in a usable condition. The floorboards, however, are still very well preserved.

The age of the gears also varies greatly. I know of systems that are certainly over 60,000 years old, systems that are still partially usable today.

The question arises as to who actually created the corridors. This question is also answered. The oldest system was created by Mongols under the guidance of Germanic priests. This applies to the old system in Osning (Osnabrück with Gertrudenberg and surroundings), to the system in Württemberg (Stuttgarter Tal, Zabergäu, Schwarzwald), to the system of the Roman catacombs (Rome), to the system in the Carmel Mountains, as well as to the system in the Mongolian desert. The fact that entire underground cities were found in America, especially in Mexico, will be discussed later.

If I now write here that here and there the subterranean passages and vaults were created by Mongols, all kinds of questions arise which we will at least somewhat characterize in the following.

1. Why did Mongols build?
2. Were the Mongols once the dominant race?
3. For what purpose were the corridors created?

In answering the question: Why did Mongols build? we should also mention a few otherwise unknown characteristics and psychological relationships of the Mongols.

The Mongolian race has always been the race that has always been best at building underground caves and tunnels, and still is today. Even today, entire peoples in Asia live in the earth. Today, as in the past, the two-wheeled cart, the only suitable means of transportation in underground rooms and passages, is also used above ground. This two-wheeled cart was once also the caravan of those Mongol families who created the underground passages in Europe.

If the Mongolian race is understood in terms of the soul, it represents the type of lunar man (Moon) as it develops on earth. The character of the Mongols, their strong reproductive power, their deep-rooted inclination for the natural-mystical, for contemplative introspection and their preference for staying in caves, is corresponding. Cosmic ancestry and correspondence, as well as hundreds of thousands of years of development and experience, made Mongolian cave builders the most suitable for cave construction in Europe and America.

The question of whether the Mongols were once the dominant race has now been answered. The question of the "dominant race" corresponds, it should be noted at the outset, only to our current view. - A "ruling" race in the sense in which we see it today did not once exist. Ruling, according to our current understanding, presupposes a ruler, a master. But a master in this sense did not exist in the past. (The word "lord" is related to the word hehr (the honorable) and to the word "Har". But "Har" is "the high one", planetarily the moon. In Scandinavia, the hare's name is still "Har" today. The hare appears as a lunar symbol. The moon controls all processes on earth. It is the "Lord").

The old world order was a religious order. The various tasks in the old world order were carried out by individual orders. These orders were organized according to cosmic principles and spread all over the world. The high seat was in the north of the earth. Each person belonged to a particular order, depending on the star position at birth, and had to fulfill his or her duties according to the order's mission. He also had to visit, live and work in the various areas of the order. States in today's "sense" did not exist. Just as certain areas in Europe were assigned to a particular order, depending on the soil radiation and the cosmic influence of the land, so Canaan, Asia, Ia-pan, His-pan, etc. were also assigned to certain orders as cultivation areas. - Again, I am the first to publish these references here and will follow up later with detailed evidence.

It is self-evident from the former orderly regulation of all the races that the Mongolian race could not be the ruling race and that there was once no ruling race in the sense that we associate with these words today. But this is true because there was and still is an important key point on earth - and the leaders of mankind lived at this key point and this key point was in areas inhabited by Germanic peoples.

Under the leadership of the Teutons, a

The system of underground tunnels radiating from the key point of the earth was created by the Order of the Cave Builders of Mongolia.

Of course, underground tunnels were also built in prehistoric times and all tunnels were extended and the tunnel system expanded. The course of the tunnels was often dictated by the ground conditions. Later goose builders often came across the old tunnels when they built tunnels for defensive purposes in the Middle Ages, for example.

Since the cities stood on former nunnery sites, and since these nunnery sites all had underground passages and were connected to each other, the goose builders of the early Middle Ages no longer had much to do, just as little as the goose builders who were supposed to connect castles and monasteries with underground passages. Because, as castles and monasteries also stood and still stand on former sites of raising and nunnery construction, the passages were already there.

It is therefore probably not always correct to claim that these corridors were created so that the monks of this monastery and the nuns of that nunnery could communicate with each other unhindered. No, most of these corridors already existed, perhaps they were just built. But if monks and nuns were happy that the corridors were there and used them or still use them, that is no reason to be upset. But the people need to know so that they are not deceived and do not succumb to "pious" illusions. We are all human beings.

We come to the question: for what purpose were the corridors created?

The purpose of the underground passages was multiple.

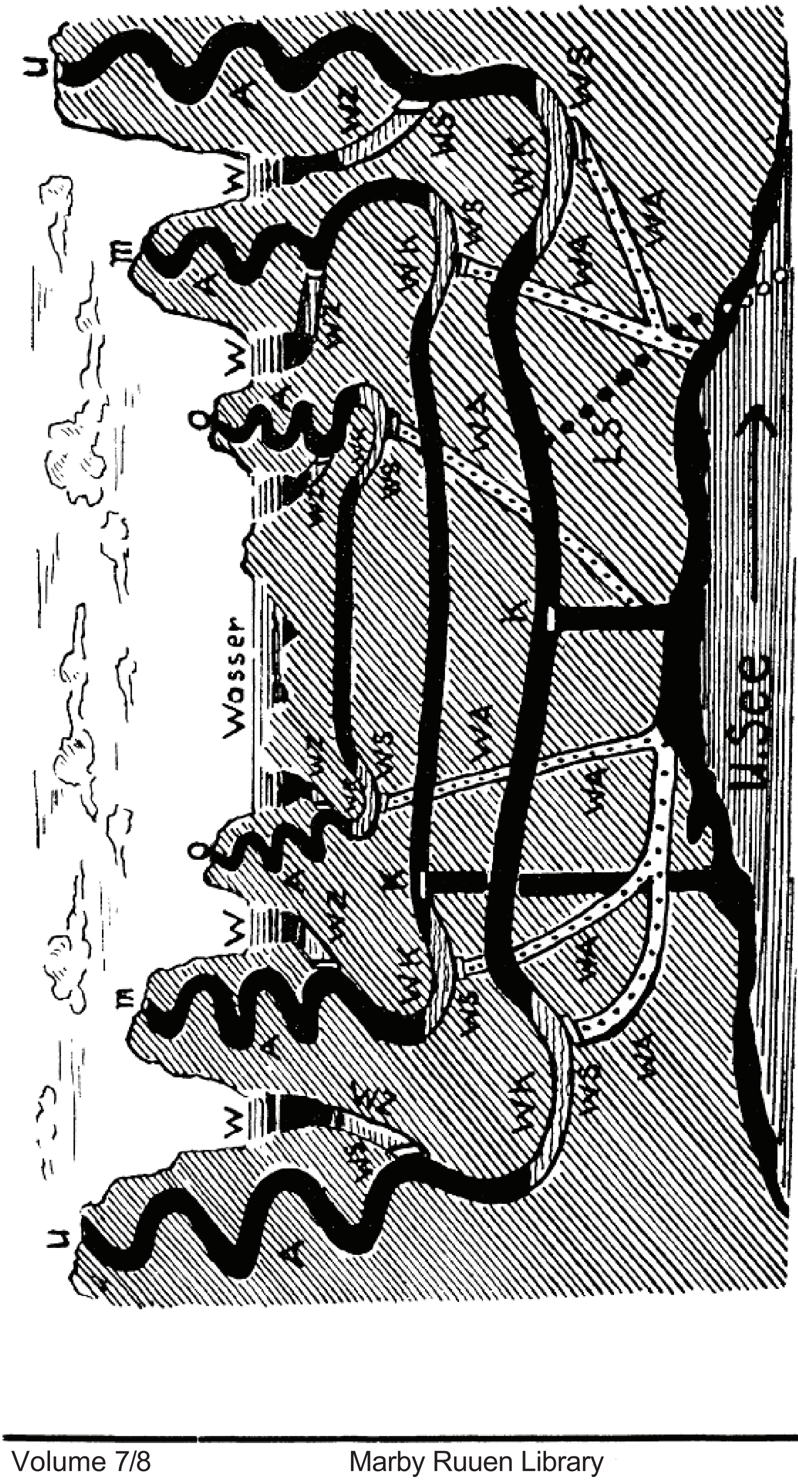
Just as catastrophes change the earth's surface today, this also happened in the past. Underground passages usually remained unaffected by these changes, as they were designed in such a way that they were dry even when the earth's surface was flooded. The entrances were usually located on high mountains and below the system of tunnels there was and still is a sewer system from which today's road builders could take a model.

The tunnels themselves were usually so deep that they were not even affected by the advance of the sea into large areas of land. When the English and French build a tunnel under the road between Dover and Calais, they may find old tunnels, especially if they work their way down deep enough. In Westphalia, old tunnels are found from time to time, which are "thought" to have once been used for coal mining in ancient times. But there was no need to dig tunnels so deep in the ground for this purpose. - A system of underground tunnels stretches beneath the Stuttgart valley basin, which is around 180 meters deeper (in places even deeper) than the old bottom of the lake that once filled this valley. The key point of this system is today's "Hasenberg".

When I talk about a system of underground passages, I would like to say a few more things.

In most areas, a system always includes three superimposed networks of underground

Schematic representation of the system of underground passages with their safety devices, as generally available everywhere. The underground storage rooms are not indicated.


U
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corridors. How they ran was determined by the type of landscape.

The upper network connected the individual important points in the local landscape and was not very deep, so it could be flooded on purpose or by a flood in the area. This upper network of underground passages was used for traffic between the individual nunnery sites (later kivchen mounds, monastery buildings, castles, etc.) located on the plain.

The middle net was already deeper than the upper net, but always had the entrances so high that only in the rarest of cases was it possible for water to enter unintentionally. But even this network of tunnels could be deliberately flooded. For this purpose, wells and ponds were available even on medium-high mountains, which could be connected to the underground passages.

The lower network of underground tunnels was the deepest and only served to maintain connections with distant points. The entrances were always on high mountains, so that there was no danger of the passages flooding. But even these passages could, if desired, be flooded and made water-free again.

Viewed from the side, the result was a picture similar to what we see in the "Representation of a system under earthly passages". - Of course, this drawing is schematic and cannot be otherwise. For the sake of clarity, the ventilation shafts could not be drawn in everywhere. Air shafts leading upwards were avoided as far as possible in the lower system. Experience has shown that the air in passages that lead through the rock deep in the earth is purer than in passages higher up. Where ventilation was necessary in the lower network, a suction device was created, the nozzle of which was immersed in flowing water. The flowing water carried the air with it. The fresh air flowed in from the entrances to the corridor.

As the diagram shows, a section of the corridor could be flooded from each entrance. A few fifty cubic meters of water were enough. Some wells contained this much water (a well that served this purpose can still be seen today in the Pernickel Tower in Osnabrück).

2. Picture supplement to volume ? 8 of the Marbg ^unen-Vücherei

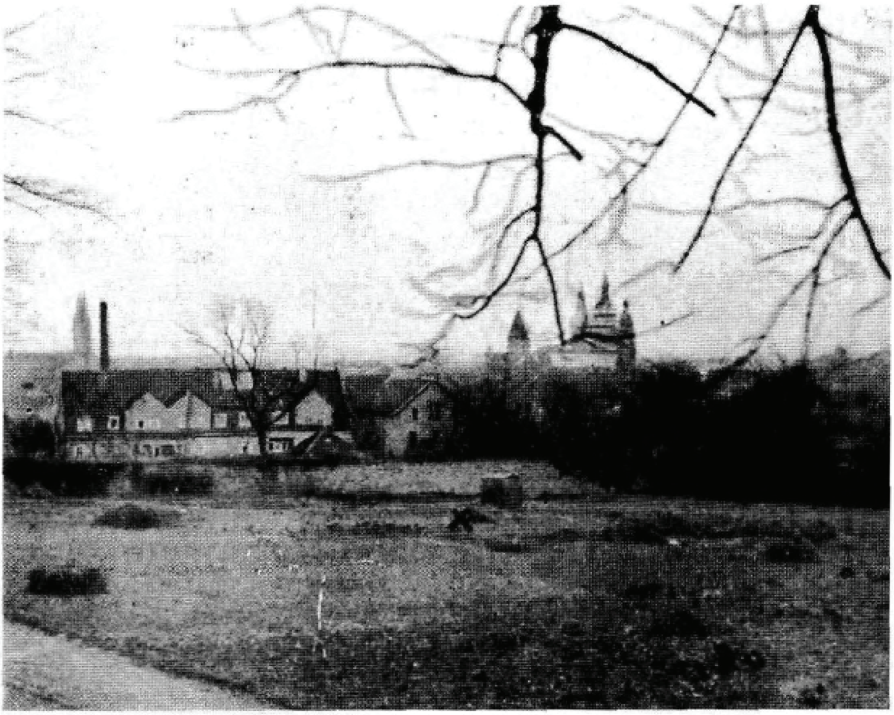


Bild 1: Nach dem Osnabrücker Dom läuft ein unterirdiſcher Gang. Der in Bild 2 ſtehende Richtungspfahl ſteht dort, wo wir in Bild 1 das dunkle X im Gelände bei dem Gartenhaus ſehen.

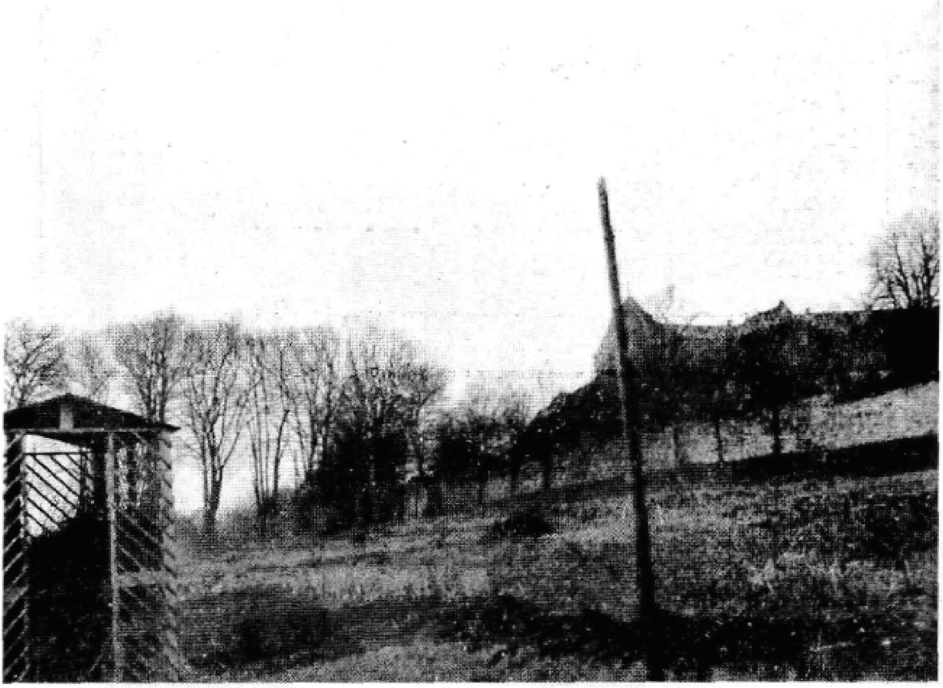


Bild 2: Der unterirdiſche Gang verläuft von dem Michaels-Turm genau in der Richtung des Pfahles, von dort neben dem Gartenhaus her nach dem Dom zu.

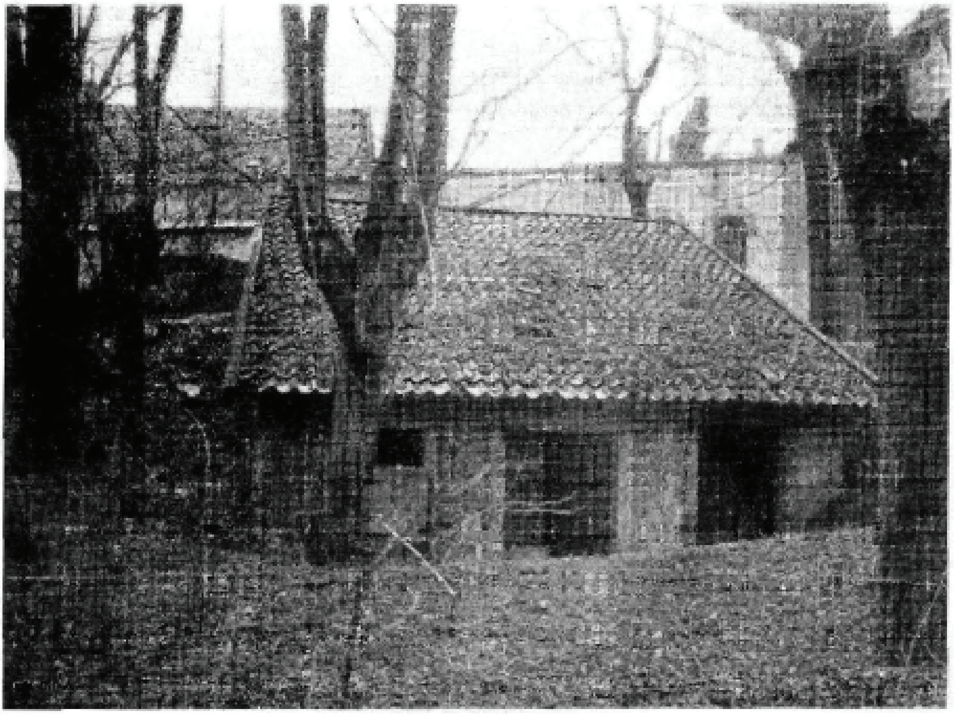


Bild 3: Die Tür rechts ging ich hinein. Innen geht es abwärts in das Kammer- und Gangſyſtem der alten Runenübungsräume im Gertrudenberg bei Osnabrück. Das Haus ſteht rechts des Weges im Gelände der Brauerei auf dem Gertrudenberg.

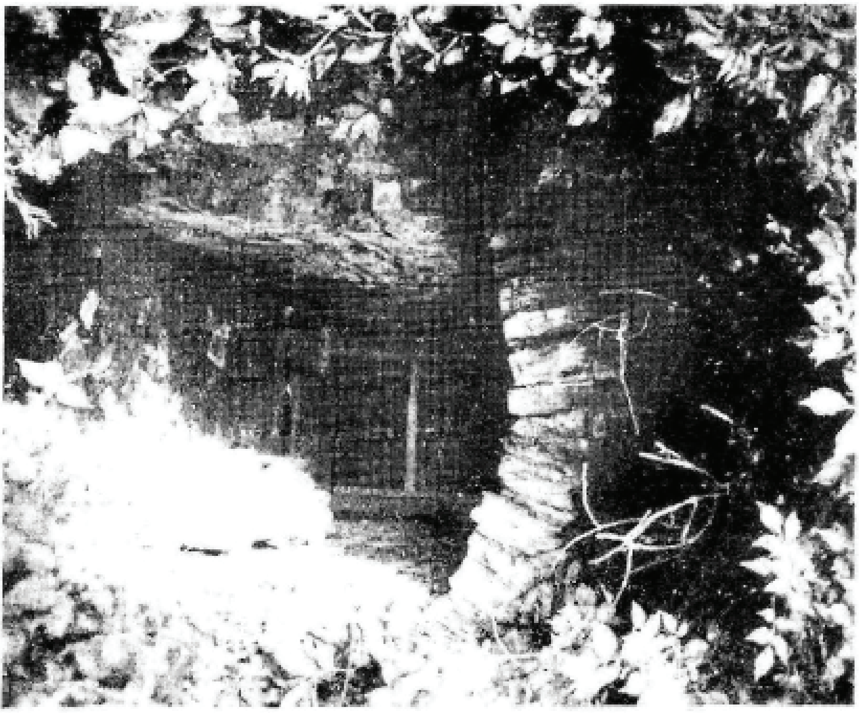


Bild 4: Ein anderer Eingang.

Bild 5: Eine der großen Runen-Uebungshallen im Runen-Berg (Gertrudenberg) bei Osnabrück

Im Hintergrund ſehen wir verſchiedene Ausgänge zu anderen Hallen und Gängen. Es liegt eine ganze Anzahl der etwa 80 bis 100 unterirdiſchen Räume ſtockwerkartig übereinander. Das Eigentumsrecht über das Gelände haben ſich röm.-kath. Kreiſe geſichert und dürfen dieſe Räume nur mit deren Erlaubnis betreten werden.

Bild 6: In den unterirdiſchen Runenübungsräumen des Gertrudenberges bei Osnabrück.
Zwiſchen Pfeilern gähnen die Oeffnungen von Gängen, die tief unter der Erde her nach der Stadt Osnabrück wie auch zu den Runenübungplätzen in der näheren und weiteren Umgebung führen. — Ein weiteres Lichtbild der unterirdiſchen Runen-Uebungs-Räume im Gertrudenberg bei Osnabrück finden wir in der erſten Bildbeilage dieſes Buches.

If the enemy had conquered a seat in the area, the underground passage was sealed off with water if the enemy could not be dealt with through the passage. (Even today, underground passages are flooded when the last member of the family, and thus the family holding such an old seat, dies out).

The network of underground corridors also contained corridors which would lead the uninformed to their doom. Tipping stones are inserted here and there. Whoever steps out of them disappears forever into an unfathomable shaft. Terrible things have often happened here deep underground when foreign conquerors have ventured down.

The present scheme corresponds in broad outline to the system used in a certain area of Württemberg.

Underground passages run from the " Michelberg", formerly called "Runaberg" (!), in Württemberg in the Zabergäu, to the distant Heuchelberg near Heilbronn, to Freudenthal under the Rotenberg, to Dietig- heim (from there to Desigheim), to Lauffen am Neckar, and to many other points in the country. - From the Asperg (Asenberg) in Württemberg, underground passages run to the "Hasenberg" near Stuttgart (from there to Degerloch and to heaven in Vaihingen), to Mars- gröningen, which is completely caved in, to Eglosheim, Bietigheim, etc. - From the "Gertrudenberg" near Osnabrück, underground passages lead to the cathedral in Osnabrück, to the "Vittischanze", to "Petersburg", to all the old defensive towers of the town, to the "Sonnenhügel", a former runic training ground, which is now unfortunately built over, to the "Schmied im Höhne", to Sutthausen, to Iburg etc. - Alten burg in Thuringia, a very important place in ancient times, is also almost completely undermined. Underground passages radiate out in all directions. - Aurich in East Friesland, the town that lies in the land of the old Atlantis region, has underground passages leading from the former Durg site next to the "Piqueurhof" hotel to the now vanished Meerhusen monastery (now the Oberförsterei), whose foundations still contain a cellar lined with coffins, to Sandhorst, Wittmund and in the direction of Kirch dorf. - Stuttgart is very rich in underground passages.

As cities are mostly located on former runic training grounds were built, the underground passages were found, These were often extended so that, in the event of a siege, they could reach freedom far outside the city walls, unseen by the enemy.

The layout of a city's underground passages has always been indicated by softly visible signs, even today. - Even people from outside the city who were privy to the meaning of these signs found access to the passages that led them into the city somewhere in a forest far from the city or from the cellar of a store.

That is still the case today.

Even within the cities, in the streets and alleys of the old districts, in secluded gardens that once lay outside the city, one finds signs and permanent arrangements on houses, gates and doors that provide information to the initiated, but often appear to the uninformed art researcher as "contrary to style".

Information about the course of underground passages in cities can often be found in the address book of the city in question, if the ladies of the house owners are listed in the address book. -

It should also be noted here that plots of land on which monasteries once stood or still stand today are repeatedly passed into the hands of Catholics who are certain to remain silent. Or Jews who were aware of the matter succeeded in becoming owners of the land.

What applies to monastery properties also applies to properties on which a pub with a so-called "perpetual license" stands. These inns, which usually have two cellars one above the other, also have underground passages. I have often found that the current or former owner of the inn (in many cases at the instigation of the parish priest or a freemason architect or builder) has had the passages walled up or filled in with rubble. -

To complete the overall picture, there is the following: Anyone who observes how Roman Catholic brewery groups have been buying up inns for decades, placing Roman Catholic innkeepers in them and placing Roman Catholic personnel in them, will also see how, in addition to this cold conquest of important public transportation sites, the old underground connecting routes are being taken over at the same time. -

I would like to briefly point out the corridors that start from old Hanover, from Hildesheim, from Hamburg, from Kölln on the Spree, from Cologne on the Rhine, from Nuremberg (which is also completely undermined) and from numerous German and foreign cities.

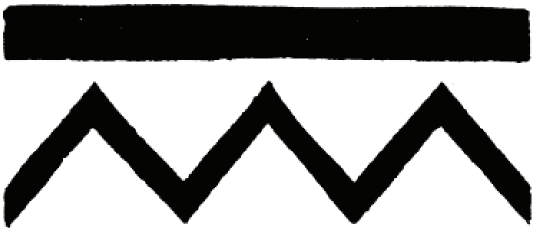
It is left to the readers of this book to do their own research in this direction in their own places.

The exploration of underground passages is a very important piece of local history research, which has so far been denied, often for quite transparent reasons, at least very neglected. -

Postscript in July 1935: At the same time, the danger of an air raid has prompted many city leaders to have the underground passages explored and repaired. - This was the case in England and Germany, according to newspaper reports. Everywhere, according to the news I have, it has been confirmed that there are three overlapping passage systems. Some cities are now having old, secret plans investigated, having the maps completed on the spot and having the passages restored.

During my own investigations of underground tunnels in various parts of Germany, I found that the existing tunnels were almost all suitable as bomb and gas-proof underground structures.

[redacted]



Underground underground training supports and underground canals

I have already referred here and there in other parts of this book to subterranean entrances to the runic exercise rooms and in the section on the value of the "space" and material angle I have also drawn attention to the effect of exercises in subterranean runic exercise rooms.

I have also explained that the forces acting on the giver in the earth are above all favorable to an investigation of the past, above all of past lives.

A small number of underground caves, designed or artificially created by nature, are known today. However, most underground caves and passages are unknown or kept secret. Anyone who knows about underground caves and passages is usually not the only one who knows, and because underground caves and passages are still very good hiding places and refuges in troubled times, the other initiates and secret orders and secret societies do everything they can to keep the confidant silent one way or another. Nevertheless, if a passage is uncovered somewhere during road construction or other building work (it cannot always be avoided) and some occasional or professional reporter goes to a newspaper editorial office with a report, this report will not be excluded in eighty cases out of a hundred.

The editor in question would get himself into hot water. - If, despite the fact that the newspaper ("due to lack of space" or "due to forgetfulness" or something like that) does not report the discovery, the matter becomes more widely known, it is mentioned somewhere in passing that an old sewerage system, or funöament masonry or a water drain or something similar has been discovered. Otherwise, the passage is walled up as quickly as possible. But the maps of the underground passages are studied in the home associations, notes are made, the plots of land and houses under which the passage extends are quietly purchased and if the passage is otherwise in good condition, it is also restored by laying a new connecting piece under the walled-up section so deep that future permanent work can no longer uncover anything here.

I have had to anticipate the section "Underground passages" to explain how it is that so little is known to the public about underground excavation rooms.

However, the great masses know "something" about subterrestrial spaces, some scientists also spread the word long and wide about such spaces and their purpose, but they all just bumble along, because they are not allowed to say the little they know, but mostly know nothing and recite ludicrous "explanations" or assumptions with an important expression. And these opinions then drag on through the centuries and every educated person feels obliged to repeat them. For example, the subterranean vaults in the Gertrudenberg near Osnabrück were "explained" as ancient "horse stables".

How could our "experts" come to speak of earthly spaces as former runic training grounds or as belonging to them, since the "experts" know nothing of runic practices and in some cases still want to know nothing today.

Of course, the underground rooms were not always just runic exercise chambers, but also sometimes clothing chambers.

It must be important for the rune practitioner to have a dressing and changing room close to the derg peak from which he is practising, or on the slope or inside this hilltop. The

The same applies to the runic training ground on the plain or in the valley. A changing and dressing room standing next to the Nunen training ground in the terrain blocks the horizon and interferes here and there. So a hut or a house next to the Nunen training ground must surely have devalued it. And yet a dressing and changing room near the Nunen exercise area was important for various reasons. That is why we still find underground changing and dressing rooms near former runic training sites, just as we find the sacristy at the church - and changing and dressing rooms under many churches and synagogues today.

However, it is certain that some of these underground rooms, which were later converted into clothing rooms and are still used as such today, did not originally serve this purpose, but were used as nunnery practice rooms at a time when nunnery exercises were still practiced.

For certain nunnery exercises that are undertaken with a certain goal in mind, the nunnery practitioner needs a naum that should be below the earth's surface, either closer or further away from the earth's surface, or at least surrounded by earth everywhere.

There are underground nunnery practice sites everywhere where the Germanic tribes once came with their runic knowledge, where Germanic tribes practiced nunnery.

The "burial chambers" in the pyramids were once only an imitation of the functional furnishings and construction methods adopted by the Germanic tribes.

And when the new brother is laid in the coffin at the initiation ceremonies in the Masonic Lodge today, this is also an echo, albeit an absolutely empty one, of a time of knowledge and practice.

If in certain religious orders the monks and nuns sleep in the coffin in which they are buried after their death, today it is a matter of an empty tradition, which at first seems like human torture, but which also becomes a habit. People come up with all kinds of peculiarities.
-

But you can see what developed from the technique of the Nunen exercises when the Nunen knowledge flattened and sank. First the individual Nunen actions were imitated, then even the purpose was forgotten; and in the "religious"

In the eyes of the southerners, the matter became a "religious ceremony", a "ritual act" or a black magic procedure with simultaneous spiritual blindness, and in the end it became a means or an attempt to torture and oppress people, to break them in their will to live, to intimidate them and at the same time to give them the illusion that they are doing something "pleasing to God" when they lie down in their coffin every evening, or a few evenings a week.

One of the largest underground runic practice facilities we know of in Germany can probably be found in Osnabrück and the surrounding area. Here it is the Gertrudenberg, which is connected underground to all the important points in the surrounding area and has very large underground rooms, of which I am showing a number of pictures, as well as some pictures of the entrances.

But you don't have to believe that these underground rooms, not all of which are yet known, are open to the public. When I was in there at the time, I was viewed with suspicion. Today, entering is allowed,
"because dangers to visitors are to be avoided", prohibited. So we Germans are still not the masters of the land. We Germans obey the foreign countries
- Rome. It might become too obvious that the "missionaries" once used these underground passages when they conquered them to keep the Germanic people at bay. It may become too well known that monasteries and nunneries were connected underground by passages and probably still are here and there today.

Thus, the fact that certain circles have an interest in keeping the veil of mountainousness and "ignorance" over these things makes research in our own country, in our own homeland, more difficult, more difficult either because of foreigners who have invaded or because of their work.

It will be up to us to lift this veil step by step. By using the pendulum and the divining rod and with the help of sensitives, we are today also achieving very good successes in researching the subterranean runic practice sites and the underground passages that connect them, and it will not be long before better methods, better apparatus and other conditions will help the whole people to find out again where the runes are.

knowledge of the high knowledge of the ancestors and the natural and safe path to God.

Subterranean caves, which developed into entire subterranean cities in which people later lived in red ages, are found in countries where the Norse racial order had an impact for many millennia. Large underground caves have been found in Mexico in particular, which once had a thoroughly Nordic culture, as well as in Mongolia and what is now China. The so-called catacombs of Rome also belong to this group. In Egypt, which was demonstrably cultivated by Frisians, the discovery of these sites has not yet been completed. The same applies to Central Africa and the Atlas region.

Wherever the Nordic racial order was at work, these subterranean runic practice rooms were to be found. The fact that they became burial caves here and there arose from the runic practice technique, the forms of which later became a tradition, the origin and meaning of which were lost when the technique was no longer used and forgotten.

Und[redacted]es

The earth is the mother of all living beings. She is also the one who holds all knowledge. She has stored up what she has become in the billions of units of space, place, path and time on her way through the universe in the substance in which the experience of eternities still vibrates today and radiates from here.

Those who once wanted to draw from the past in order to gain knowledge about the possibility of becoming in the future descended into the womb of the Earth Mother in order to gain clarity via the path of inner vision.

It may well be that the longing for inner vision is alien to the machine man of today, but we are not all machine men, we still value being human and, moreover, caves widely spread under the earth in the continents of Europe, Asia, Africa and America prove that the humanity whose development and preservation actually gave us an existence in life in the first place, considered inner vision to be very important.

Certainly, every era tends to view traditional cultural evidence from the point of view of the time of the observer. So today the idea may arise that the underground rooms, passages, chambers, caves, catacombs etc. were chosen and created for protection against enemies. - These subterranean rooms may have been sought out later when danger threatened, but as the finds in ancient hill forts and sacred sites of the Germanic tribes prove, and as the results of the exploration of subterranean caves show: Weapons have never been found, neither in the sacred sites of the Germanic tribes, nor in the subterranean chambers and passages in all parts of the world. And if weapons were found, they were from more recent times. -

One can also hear the view here and there that the subterranean spaces were burial caves, such as the catacombs under the city of Rome and the underground chambers of the pyramids and certain caves in South America.

But in the latter caves, the corpses are found standing upright. This is understandable if these caves were originally exercise rooms. Even after their death, the deceased were placed in the most sacred, vertical position.

It can also be assumed that the catacombs were later extended to serve as burial sites. However, all subterranean spaces cannot be regarded as burial sites per se, if only because subterranean burial sites were much easier to construct, and because in the extensive cave systems of Asia and America in particular, only a very small proportion of the subterranean structures served as burial caves.

In recent times, entire underground city complexes have been discovered in Central America (Mexico), which are inhabited by Lau tend to be inhabited by humans. In Mongolia, millions of people live in underground cities. Here and there, entire monastic orders have their sprawling dwellings, libraries, prayer halls and storage chambers in the earth.

But we don't need to go that far. Below

German cities (Nuremberg, Altenburg in Thuringia, and others) or in their vicinity (Osnabrück, various Harz cities and others), there are widespread underground rooms and halls, streets and connecting paths, similar to those of a storey, whose capacity is so large that the population of a medium-sized city would have enough space in them.

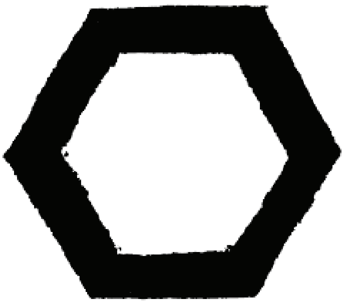
The widely ramified underground rooms and halls were once nothing other than underground exercise rooms, exercise halls, halls in which the training exercises and dances took place, rooms in which lessons were given, rooms that contained written tradition, and when an Iesuit priest on Easter Island burnt over 60,000 wooden tablets with ancient rune-like characters - he found these characters in underground caves, which preserved these important, now destroyed documents for so long. -

Even today, certain religious practices in India, as in the rest of Asia, take place in underground houses. And nearby? Most of the old cathedrals in Germany contain large underground rooms in which the priesthood still gathers for certain exercises and consultations, at least in Catholic churches. -

All of this is an echo of the time when the practice of certain physical exercises and observations in the earth, in subterranean spaces, was considered very important in order to achieve certain successes. And these underground exercises were part of an exercise training program that also required exercises above the earth's surface, as the underground caves are usually located under or next to former "rallying" and runic exercise sites.

The extent to which runic exercises in subterranean rooms can serve physical awareness remains to be seen for the time being. A time to come will know the answer.

For us, there is no question that the mention of the widely branched or individual underground exercise rooms are important within the overall picture.



The "coffin"

As I explained in volume 5/6 of the Marby Rune Library (pages 91 and 92 and in the preceding pages), runic exercises were performed within the earth (in stone chambers, caves, etc.) to awaken the memory of previous rebirths.

It was in the nature of things that in the underground rune-living caves many rune-livings were done lying down and in a depression in the wall or floor of the cave that corresponded to the shape of the human body.

In Rimbo in Sweden I found such runic practice pits in the rock, now lying in the open air, once safely covered with a roof, on an old runic practice derge that rises behind the brewery.

The Externsteine near Detmold also have such a runic practice pit (the purpose and meaning of which has not yet been properly understood by anyone). (See picture in the appendix.)

Gradually, the runic exercise pit corresponding to the recumbent human body passed into myth.

2In ancient Egypt, every year at Easter, the young man representing the god Osiris (Os-ir-is) was publicly laid in a coffin in the temples in order to be resurrected on Easter morning with great ceremony.

The myth of Jesus Christ has the Son of Man, who died on the cross, placed in the cave of Joseph of Arimathea, from which he then rises on Easter morning.

And when the new brother is placed in the coffin at the initiation ceremonies in the Masonic Lodge today, this is also an echo, albeit an absolutely empty one, of a time of knowledge and practice.

If in certain religious orders the monks and nuns sleep in the coffin in which they are buried after their death, today it is a matter of an empty tradition, which at first seems like human torture, but which also becomes a habit. People come up with all kinds of peculiarities.

But you can see what developed from the technique of nunen exercises when the nunen knowledge flattened and sank. First the individual runic actions were imitated, then even the purpose was forgotten (if the southerners knew it at all), then the thing became the The "religious ceremonial", the "ritual act" or the black magic procedure with simultaneous spiritual blindness, and in the end it became a means or an attempt to torture or oppress people, to break their will to live, to intimidate them and at the same time to give them the impression that they were doing something "pleasing to God" when they lay in their coffin every evening, or a few times a week.

Today we have recognized the "coffin", the pit embedded in the rock or in the ground, as a device that served to reach and absorb certain earth rays. -

Please refer to the picture supplement "The Coffin" at the Externsteine.

The MeZler and the nutritions

We are probably all familiar with the way in which charcoal is made in a charcoal kiln ("miler" in Nordic). The charcoal burner artfully piles up the wood and surrounds the pile of wood, which has no large gaps, with earth and pieces of turf (grass ploughs, sods) so that only a few small air holes remain at the bottom and the smoke outlet opening at the top of the round mound. The covered woodpile is ignited at several points on the side and now the wood "smoulders" (-- s "milt or "s-mült") under the top of the pile until the whole woodpile is glowing through and a flame is shooting out at the top, the sign that the pile has burned through.

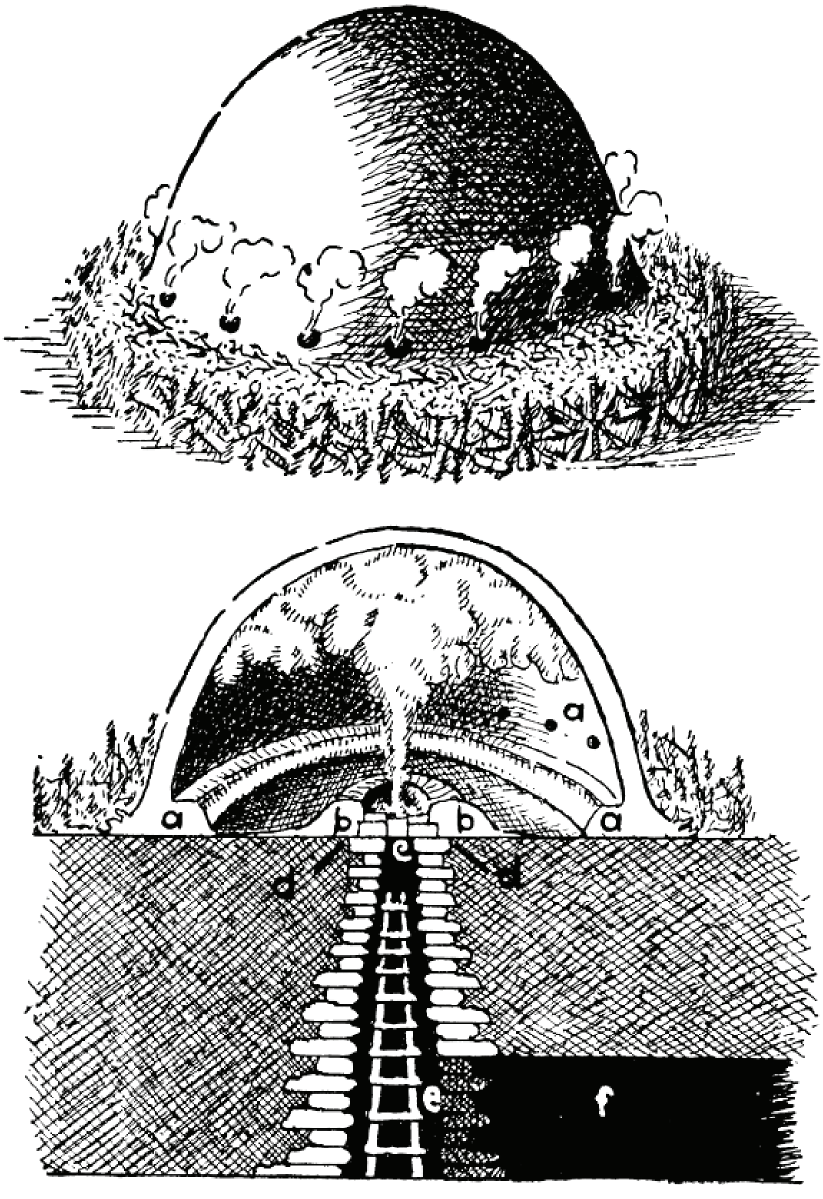
I went into the whole process of burning coal once here, in order to point out important relationships of the miler later.

Incidentally, we also know that the miler, as I have sketched it from the outside and in cross-section, is an original form of the dwelling house, as we still find it today among the Lapps and the Eskimos in northern Sweden and in higher northern latitudes. It is well known that today there is an entrance at the side that can be closed by skins or a door and a smoke outlet at the top (as in a pile), and that the same structure is still in use today as a tent all over the world, even as a dwelling in the original form of human habitation.

Our considerations today revolve around the Meiler or miller as device for attainment of knowledge, further for recognition and and treatment of diseases.

The kilns had an entrance here and there at the side, but the entrance was usually underground because fresh air was needed to burn the aromatic herbs.

We see here on page 86 the arrangement of the "Meiler" as it must have been according to the vision of those living today and according to factual considerations, also taking into account its location.



The Metler.

(Schematic diagram)

a: Seat wall and dome, b: Clay fire wall. c: Grate, d: Grate storage, e: Ascent and supply air shaft. f: Access.

The walls of the kiln, which were shaped into a dome, contained "run-gen" as a framework, i.e. long branches such as those provided by hazel bushes, flexible so that they could be connected in the middle of the dome. These branches were interwoven with shrubs and the whole framework and network was filled with a mixture of clay and horsehair. The walls of the dome were painted smooth on the outside and inside. A few small openings, which could be blocked from the inside, were made later at about foot height. The whole pile was then surrounded by an enclosure to keep animals in.

The. The entrance (f) was usually underground, came up in the middle of the kiln (e) and narrowed so much at the threshing hole (c) that just one man could climb through. However, the entrance could be narrowed even further by stones supporting each other, and the "neck" of the entrance could be bridged completely by these stones, so that a "grate" (grid) was created on which the necessary herbs could be roasted ("ich rüste Dir ein Mahl" means I roast (fry, roast) you a meal. Metal was not popular for "roasting" because it develops fumes that have an unfavorable effect. The stones placed on the edge could not soften because a rammed clay wall (b), which continued to become very hard, surrounded the roasting area. The roasting area (e) was kept as small as possible and was covered with certain herbs (never with lyre corpses). These herbs were then burned and charred, producing a lot of smoke.

In room (a), which surrounded the wall (b) in a circle, the workers sat with their backs against the inner wall of the kiln and breathed in the vapors coming from the inner wall. In some kilns there was also an earth bank all around where the letter (a) appears in the drawing.

It can be assumed that, in some cases and times, where there was no kiln available, other underground rooms, caves, chambers within a mountain or another useful room was used as an incense room, just as well, or better, than today's Roman Catholic church hall, which is also still used as an incense room by burning incense in it.

Spicy herbs and fragrant woods were also burnt in open fires, on mountains and in valleys, on a layer of stones, as in a fire basin. The custom of burning a pile of wood in certain locations and at certain revenges, which is still practiced today, can be traced back at least in part to the technique of the past, which aimed to and achieved a conscious change in the air we breathe. -

Through this conscious alteration of the air we breathed, the vibrations of etheric substances reached the blood directly via the millions of fine branches of the lungs, just as they were taken up by the millions of veins in the skin. Moreover, the vibrations changing the air had an effect on the body's electrical field.

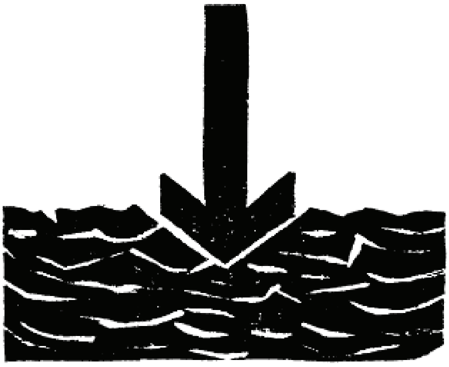
The heightened perceptive ability of the body that was achieved was used to gain insight into the essence of the body beyond the ordinary ability of the senses and the mind.
and the workings of nature and becoming.

This effort probably had nothing directly to do with racial rearing efforts, and to this day I must be of the opinion that smoking generally only came about when a certain racial mixing had already occurred. For pure-blooded people, looking forwards and backwards in time, the success of the race and rune exercises is at least emotional and at times self-evident.

The Nordic man attaches great importance to a precise insight into the perceptions that become his more sensual and so-called supersensory nature, and paralyzes his actions with images and inspirations, whose and whose originator, source and cause he does not know beyond doubt. -

Thus, the possibility of knowledge that was and is opened up through incense burning can still be regarded as a valuable method of control today. However, we must reject incense as generally applicable. -

I would like to make the above brief reference to the fumigations and the pile only in order not to have this side of the methods of cognition of the past passed over.



The sacred ponds

Legends and fairy tales that tell of swan ponds, Rixen ponds and similar corpses are still alive in large numbers among our people today. Stork pond legends also play an important role.

Three dykes lying in one direction (usually from east to west) were once located at many raising and rune raising sites. They became "sacred" ponds because their use had a healing, rejuvenating effect within the system of the rune raising technique. The water filling the dikes often came from healing springs.

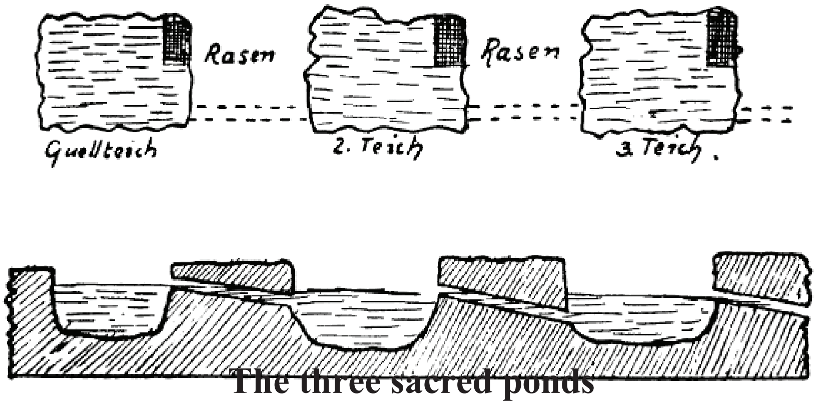
Of the three corpses connected underground, the first pond was usually a spring pond. It was into this pond that the rune beetles first descended in the morning, on a descending surface, which we have shaded in our picture.

When our ancestors entered the water, they generally pursued the following intentions: Discharge of the adverse vibrations of the aura into the earth, purification, powerful stimulation of the nervous system, taming of sexual urges in the case of obsessions, stimulation of the sexual glands and the other glands of internal secretion, blood circulation, etc.

Depending on the desired destination and depending on the weather, age and physical condition, the rune-living or rune-eating person went into the water up to their waist or up to their neck.

After leaving the first pond, the second and then the third pond were used. Then the men or women walked to the Nunen exercise area.

This part of the runic exercise technique, which began with immersion in clear cold water and promised the greatest effect, developed over time into what the church today calls "baptism". The "baptism" of the churches is therefore a characteristically empty echo of the former bath before the nunnery exercises. The violation with "holy water" is also one of these echoes. -



The three sacred ponds

(shown chemically) in plan view and section. These bodies were mostly located in the west-east direction. The western pond was often a spring pond.

After the bath, the rune practitioner walked to the exercise area without drying himself and radiated more and more into the air. As all rune practitioners who started practising according to the instructions in volume 1/2 of the Marby Rune Library know, the body usually warms up very quickly during runic exercises.

All readers of these lines now have a further hint in the preceding paragraphs for finding old runic training grounds as well as for the (possibly joint) creation of new training and runic training grounds.

What I am publishing here, again for the first time and clearly, sounds so simple that some people have "known it for a long time", but it is strange that you don't read anything about this facility anywhere and that you haven't seen anything about it in our many modern sanatoriums, natural healing institutions, healing gardens, spas and the like. So we have probably blindly passed by these things, some of which are still out in the open, some of which are referred to as myths, legends and "superstitions". People are often quick with a word when something other than thinking on a well-trodden track is required.

In my birthplace, Aurich in East Frisia, there was a runic training ground on the corner of Lüchtenburgerstrahe and Kirchdorferstrahe. The Dade House used to stand nearby. The bathhouse existed until around 1898 and was established a few decades earlier. The Dade water was taken from two circular and very deep ponds (the third had already been filled in at the time), which, according to the locals, were so deep "that they had no bottom". The water in these ponds never dried up.

In this Aurich, in "Schnedermann's garden", there were similar ponds. These ponds also had "no bottom". They were located next to the place where a castle once stood, where the "quade Foelke" (pronounced "Faulte") had lived, who, according to Dolkssage, must have died in an underground passage that could be flooded by these corpses, because she never came out of this underground passage again. But she had previously ordered the people of Aurich to ring the great tower bell three times at 8 o'clock in the morning until her return. Then um
12 o'clock the small bell "beiern", at 4 o'clock the big one,
At 6 o'clock the small bell rings again and at 9 o'clock in the evening the middle bell rings. Which still happens today, not because the "quade Foelke" has not yet returned (because history reports a different kind of death), but because the old knowledge has gone. and not yet not returned
and no matter how long the bells continue to ring, they sound in vain if the people do not yet understand what time and the chiming of bells and the ringing of bells herald every day: namely a change in the radiation of the universe, corresponding to the rotation of the earth and the radiation of the earth in Aurich, a daily change that is important for those practicing nuns. -

In Stuttgart, the road "Am Kräherwald" goes up to "Gaiseiche". On the right is the forest, on the left are gardens. From the Dotnanger Steige in the second garden on the left (the garden, which is a meadow with apple trees, belongs, if I am not mistaken, to the Paulus parish) you can still see a shallow depression with a diameter of about 6 meters. The embankment is still fairly well preserved. That was one of the dykes. I soon found out where the second one was, because the bodies usually lie in an east-west direction and I had to ask "a bit behind" about the third pond. So I did and talked to the owner of the fourth garden about building and gardening issues and then the answer came: "Yes, there used to be a pond in this place that my husband and I filled in". That was the third pond and the runic training ground lies next to it and still dominates part of the Stuttgart valley and part of the sky. But the old Stuttgart lake once lay nearby.

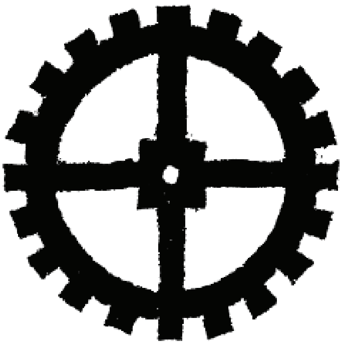
In the "Rosengarten" site near Ochsenburg, Oberamt Drackenheim in the Zabergäu in Württemberg, there were also three sacred corpses that were only buried a few years ago.

From the Hasenberg near Stuttgart, a three-domed ridge descends in an easterly direction into the valley. The mountain is intersected by the Wannenstraße. It ends where the church stands below. There too, to the left of Döblingerstrasse from Stuttgart, just behind Marienplatz, there were three ponds one behind the other in an east-west direction, which old Heslach and Stuttgart residents still remember. These ponds were fed by the Resenbach stream. A dam and a watermill were also once there.

I am only listing these five cases here, they should suffice as a hint for further research where no development has yet taken place on the old reforestation site.

Although the arrangement of three corpses was once the rule, we also find only two ponds or only one pond or the signs of its former existence at some old runic cemeteries.

In many cases, a pond complex also became a mill pond complex or simply a "mill pond".



Mill tents, mill weirs and "flltrveLber-Mü^len"

The facilities for damming spring, roof and river water naturally preceded the reinvention of water mills in different periods.

The dyke, at the outlet of which a watermill was built, thus became the "mill pond". And later, when the order of the mill fell apart, was officially frowned upon and forgotten, it became just "the mill pond".

Of course, not every mill pond originated from one (usually the lowest) of the three sacred ponds. But the location of most mill ponds to the east, south-east or north-east of a former "rune-raising" site and the name of the mill pond or mill or mill field or pond field not only prove their original purpose, but also that these mill ponds and mills were once located within a raising and rune-raising garden.

The names of such mills often became place names, village names and town names.

We will now take a closer look at the mills and mill ponds in more detail.

Near Meimsheim in the Zabergäu in Württemberg, for example, lies the "Schellenmühle". Since "Schelle" is the common name for Les' male testicles, the translation of the word "Schellenmühle" into "Hodenmühle" would be authorized. Certain place names such as: Winterhude, Duxte- hude (!), etc. are names with a similar meaning.

About 40 years ago, the Berlin natural and herbal healer Kühn discovered a new, albeit unique, way to health, the Neibesitz bath.

You take a bath in the following way:

Pour cool to cold water (at a certain temperature) into a "wooden" or tin tub until the water is about 6 centimetres high. Then place a footstool in the water and stand on it with your upper body covered and naked at the bottom. Then take a rather rough washcloth, fold it up a little, scoop up the water with the cloth and lightly rub the foreskin or the external sexual organs while scooping fresh water out of the tub.

This neibesitz bath, recommended and introduced by Kühn, has usually brought good healing results to patients who have used these methods. By stimulating the entire nerves of the body, which also have important branches in the sexual organs, the entire organism of the sick was influenced in the most favorable way and in many cases healing of even completely obdurate ailments was achieved, namely through increased excretion of metabolic toxins as a result of the stimulation of the vegetative nervous system.

Kühn was the rediscoverer of an ancient rejuvenation method that our ancestors used daily, especially in the spring. In the water of the Schellen mill near Meimsheim, the rune practitioners once washed and massaged their abdominal organs before their rejuvenation exercises.

Names such as Schelmenmühle, Schalksmühle, Schel- born, Schelkau, Schellbach, Schellbrvnn, Schelldorf, Schellen, Schellenbach, Schellweiler, and other names also refer to these men's bathing places next to the Aufrassungsplätze.

And now the "old wives' mills".

Among the people, one hears stories here and there about the "Old wives' mills", which are said to have once existed. It is said that when the beauty of youth had left the women, they went to the old wives' mill to be rejuvenated.

The Dolksmund and the legend even know the places where old wives' mills or were "Iungmühlen". I visited two such places.

Lrippstrill is one of them. The village has about half a dozen houses. One house is said to be the old Altweiber mill. I don't know with what justification. Because it was never a mill building.

Lrippstrill lies at the foot of the Michelberg in Zaber- gäu (Württemberg). The Michelberg, which was once called Runaberg, is known as the Aufrassungs- und Runen-Uebungs-Derg. At the foot of the old Bunaberg there was a lake above Lrippstrill, which has now disappeared. But today the lake springs supply the town of Dönnigheim with excellent tap water.

Where the house called Altweiber-Mühle stands today was once the weir of a watermill. The women and girls used to bathe in the dammed water and then perform their nunnery exercises on the surrounding hills (on which a nunnery later stood; at the same time there was a monastery on the Michelberg), true rejuvenation exercises, as we rune practitioners know today. Not only the old name of the Michelberg, the former Nunaberg, but also the name "Lrippstrill" refers to the runic exercises and their nature. If we take " Tripp" to mean " tripping" and " trill" to mean " twist", then we have the image of an important runic exercise before us, namely the tripping step and the twist, a movement that still occurs today in some old folk dances. Hence the place name: "Tripps- trill". And since the "women", i.e. the women and girls, had their bathing and exercise place here, and since even then the older women were the more sensible ones and were probably more eager to take their daily rejuvenation cure in the area of the mill, the mill became the "old women's mill". -

Further on, in Loppersum near Emden, there was once also an "Altweiber-Mühle" or "Oungmühle". But Loppersum is Lopp-- -Lauf-um, i.e. the Nund-lauf, the Nundschritt. Again: tripping and turning.
- "Tripps-Trill." -

We now know where the names "Oungmühle" and "Altweiber-Mühle" and the " Altweiber-Mühlen"-Ge>-

and what significance they had. According to this name, there are still quite a number of "Iung- mühlen" and " Altweiber-Mühlen" (old women's mills) in whose waters and in whose surroundings women once achieved their rejuvenation in Germany alone. I will also list a few place names here, which certainly refer to this women's bath and the runic training ground next to it.

First of all, Waiblingen (in the Stuttgart region) should be mentioned. The name of the town refers to an old mill. There is still a mill on the church hill today. In the church itself, on the east wall in the first gallery to the right of the choir, there is a stone sculpture depicting a naked woman dancing. (After all: "strange" in a Christian church.) Local legends highlight the female element in particular.

Run other place names: Waibling, Waibstadt, Frauenau, Frauenaurach, Frauenborn, Frauenhaselbach, Frauenmühle, Fvauensee, Frauental, Freudental, Mambächel, Maidbronn and more.

All in all: The training and rune training places arranged at the arranged bathing ponds and "Mühlenteiche" once played an important role in the life and health of the people in times of knowledge. Their location, or in place names, in legends and fairy tales after sounding Ramen can be us important references to then in the Rahe lying Aufrassungs- and Runic exercise places, and from the establishment of this bathing opportunity, combined with gardens and places for Runic gymnastics, we can learn a lot.

Lur message to readers!

The discussion of the ritual and runic places must again be interrupted here, as a full presentation of my research results is not possible in this volume either. In this double volume I would like to present a number of pictures taken from the wealth of material I have collected, to which many rune researchers at home and abroad have also contributed. In the following double volumes, further revealing pictures will document further research results.

I believe I have also reported on important areas: I believe that I have reported so far on the areas of raising and runic training systems. The forthcoming double volumes will bring much more and irrefutable material.

The author.

* * *

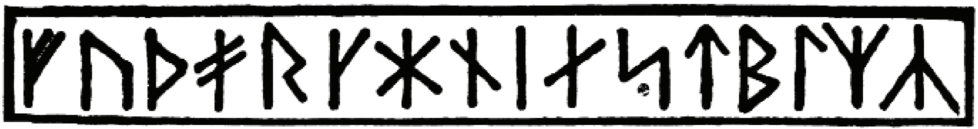
Now - further information on the TNartry rune language theory

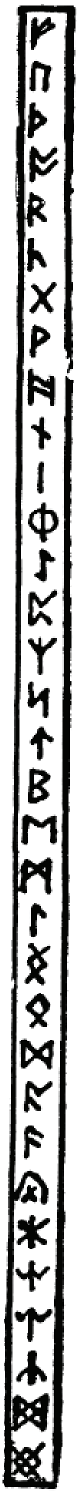
In volume 5/6 of the Marby Rune Library, I published an outlook on the runic language for the first time.

It was shown to the readers of volume 5/6 that the murmur of the runes and the great effect of the race and rune gymnastics is based on a dynamic of language, the decanness and application of which made our village ferries a true race creating real culture.

By the way, I would like to refer you to volume 5/6, but below I will give you an overview of the "Sound structure of the dynamic runic language" and of "The tzall sounds and their exercises. In between, I will say further important things about the dynamic runic language and then follow with further illustrated exercise instructions.

The author.





T>The lam building of the dynamic runic language

according to the current state of my rune research.

Reverb lute.

Spatial sounds, polarizing spatial sounds, spatial sounds o f different sizes (Hag sizes).

The order according to room size and spelling is as follows: A, E, Ö, O, U, L, 2.

Echoing breath sounds.

sounds of space, sounds of polarized space, sounds of space filled with electrical (displacement, current, substance) values rooms and their relative sizes.

The order according to room size and the spelling is as follows: a, e, ö, o, u, ü, i.

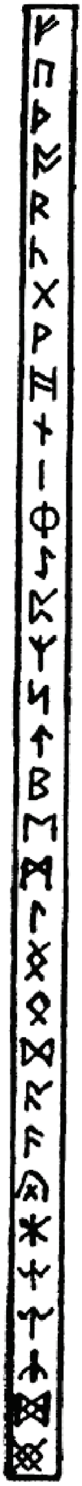
Polarization in second row amplifying reverb, breath, blowing, hissing sounds.

Mr the polarized spatial magnitude "u" as the sound of further and amplified polarization: w.

For the polarized spatial variable "i" as the sound of further and amplified polarization: j.

Polarization, dematerialization, gntpolarization and dematerialization cause and indicate reverberation sounds.

		Richtun			Maſſe, Stoff, Körper	Verdichtung	Entdichtung
	ſation						
Direction of the						Direction of the	
Polarization	Depolarization	Will^ Nature, kind	World Hag-Grötze		Appearance	Materialization	DEoffichg
↓ I	↑	A	1.	2.	a	↓ !	↑
		E	3.	4.	e		
		S	5.	6.	ö		
		O	7.	8.	o		
		U	9.	10.	u		
		Q	12.	13.	ü		
		I	14.	15.	i		



DegrenzungS sounds.

	Limitation location rear Soft palate	hard palate	Front limiting location behind the teeth	in front of the teeth
Limitation soft	6		d t	b
Limitation hard		k		p

Dewegungs-Laute.

Hauch", Strömung-, Kuppelung-, Strudelung-, Spihung-, Dlas- sounds, mchr or less also polarization sounds.

Lute.

Air consumpti on h ch l

^^Air tensioning

^^^^Air consumption l s ss w f

Clamping

Fulfillment types.

Frequency levels:

1. Fulfillment and limitation, soft border: ng

2. Fulfillment and reduction n r

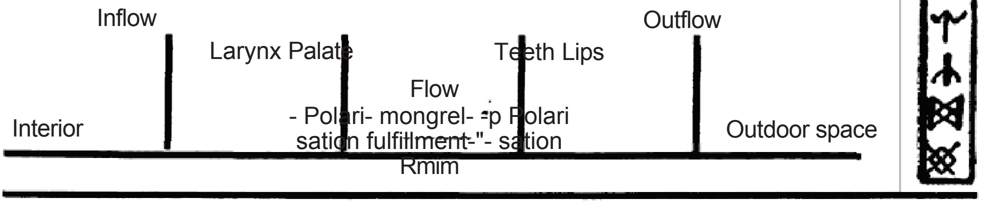
Fulfillment and directional increase:

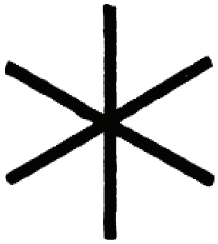
3\.

Fulfillment and increase: m

4\.

The dynamic language workshop in graphic form.


Inflow
Outflow
Larynx Palate
Teeth Lips
Flow
Interior
- Polari- mongrel- -p Polari
sation fulfillment-"- sation
Rmim
Outdoor space



More about the dynamic Trunen language

The reverberant sounds A, a, E, e, Ö, ö, O, o, Ll, u, L, ü>, 2 and i also represent spatial sizes, as the width of our oral cavity alone indicates when pronouncing these sounds. At the same time, the correspondence between speech space, speech space opening and (world or body) space size is also demonstrated in the different sizes of the lip opening when pronouncing the various reverberant sounds. "As in the great, so in the small - as in the small, so in the great", we can and must also say here.

But we can also make other observations that confirm almost daily the connection between the size of an object (which always occupies a certain part of the world space) and its "cry", its "sound", its "reverberation", its "sound".

We also find that the concentration of the material in the smallest space and the hardness of the material play a decisive role.

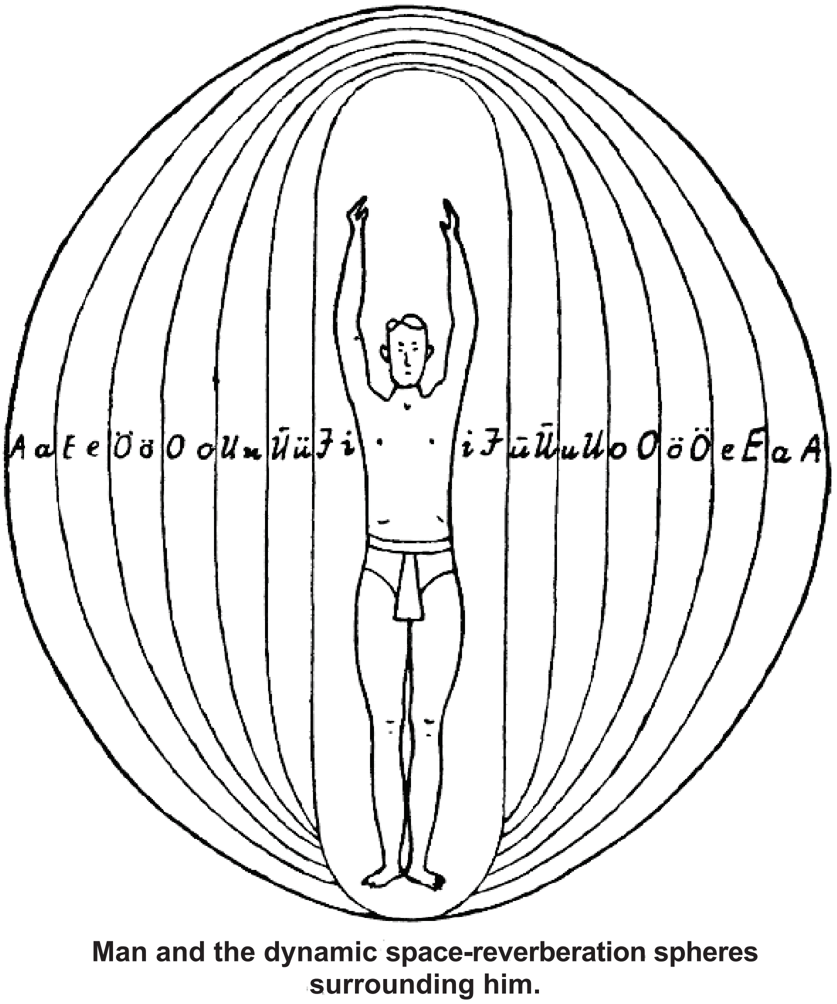
As much larger and softer (soft is related to evade, flee, fugitive). an object is, as much more similar is the sound that arises when this object is shaken by impact or fall, to the A, or the a, the E or the e, or to the A above the O.

However, all small and hard objects will resemble the sound of the 2 or i when struck or bounced.

Make experiments and practice the ear. -

In all "speech studies" on objects of different sizes, it should also be noted that the air that these objects is circulating, resonating. More air with a large object, less air with a small object..

Since the air is a vibrating body in the pipes and Flutes (the pipe is called "Pipe" s!s in Frisian)



Man and the dynamic space-reverberation spheres surrounding him.
These spheres are simultaneously flooded by the flowing layers of the person's electric aura.

is most likely to be convinced by paying attention to the "Speaking" of the pipes (organ pipes etc.). The language of the small pipes is 2 and i. This is also proven by the use of language. The small pipes "shrill" (i.e. 2) or they "trill" (again with 2) and the largest pipes produce the "Dah" sounds (A).

From these and other experiences, as well as from the experiences we have had and continue to have every day during our rune sessions, we say:

The human body vibrates most strongly with the i and 2 sounds. The spatial zone that lies first to the body also vibrates with the i and 2 sounds. This is followed by the spatial zones surrounding the body, like hollow spherical shells, which correspond in order to the sounds ü, L, u, A, o, O, ö, S, e, E, a and A.

To show the sequence of the spatial and reverberant spheres, I will use the following image in this section: "Man and the him surrounding dynamic space and reverberation spheres." However, this image can only serve to give an idea of the approximate relationships, because these space-Hall spheres, which are also electric fields, do not have the same extent. The A-sphere, for example, as the outermost sphere, extends very far out around the human body into the environment and the universe.

However, the one most important thing for our exercises can be taken from this sketchy picture: Depending on the position and spread of our limbs (arms and hands, yours and feet), we can experience and influence the various dynamic spheres surrounding our body.

The fact that we then, by uttering the corresponding reverberating sound, make the sphere we have grasped even more resounding, vocal and electrifying, explains the clear, certain and far beyond all previously known successes existing effect of this important, based on natural conditions. conditions, as on experiential and scientific basis built rune gymnastics, which I had to call "Marby rune gymnastics", only in order to healthy development of this for race and people important training method that is important for the race and the people.

I must also mention here that each room reverberation sphere has something special characteristic which I will come to later.

The sounds -of the instinctive and -the sounds -of the I-about-nesses and beings

The chain of instinctively possessed matter and form is to be grasped and re gulated linguistically and dynamically using the holding sounds of these states.

The corresponding reverberation sounds are: A, E, Ö, O and U, and in a different way: a, e, ö, o and u.

Ä and ü stand at the border.

I and i, on the other hand, are the sounds of the I, of one's own clear self-consciousness.

I and i are the human sounds, are the sounds of ego-consciousness, which begins in the human being, is formed and developed in the human being.

All ego-conscious beings in the world must and have first gone through the human stage of development, from rebirth to rebirth. Only when complete ego-consciousness has been attained does man become a co-creator, can he, having become free from the series of solid-body rebirths, enter the fine-material ego-conscious series of reincarnations, which are organized in the order of sounds.

ü, U, u, U, o, O, e, S, a and A enter. -

As an ego-conscious being, the human being now gradually participates in the development of the world and living beings in all areas of the world.

He is only "the human being", the cosmic human being, the self-conscious inhabitant and ruler of all worlds and states of being. He is the clear consciousness, the intelligence of the universe. The community of true human beings.

It is our ego-conscious ancestors and forefathers, liberated from the compulsion of solid-matter rebirth, who now form the clear world-consciousness and intervene with their will in the play of the forces of the world.

The belief in the work of the ancestors and the worship of the ancestors is therefore the noblest belief, the noblest form of worship.

If we want to characterize these, our ancestors, as " gods", we can do so. They are the good ones who are effective for our development beyond the solid states.

But - abandoned is the human being who worships the ancestors of other peoples and races as "his" "gods" and leaves the shaping of fate to them.------------------

It is better if we do our duty, honor, respect and love our ancestors and do the right, the developing thing on earth in their and our sense.

It starts with the development of ego consciousness. Our ancestors want this development. The "gods" of our races want to deny and prevent this development of the ego.

Runic gymnastics is our weapon. It leads us back to awareness, to ego-consciousness. And because the i-rune is the rune of the ego consciousness, which also awakens the racial ego, we practise this rune first.

Some basic facts about the confusion of ancient runic formulas and language

On page 128 and the following pages of volume 5/6 of the Marby Rune Library, reference is made to the polarity of dynamic language ("hot" pole and "cold" pole according to the Edda).

According to ancient beliefs

Loki, Lodge, Logos,

Lucifer the "Creator of the World".

At the bottom of page 127, volume 5/6 of the Marby Rune Library, and again below, we find a graphic representation of the dynamic language workshop.

Here the location of - polarization is indicated as being at the larynx and the location of -j polarization in the tooth and lip zone.

It is clear that the two poles were and are always necessary for the creation of the "world", be it a creation on a small or large scale.

In the words Loki, Loge, Logos, Lucifer, these two poles are also still effective, for:

l is formed in the "hot" ch pole room

and

g and k are formed in the "cold" pole room.

But according to the confusion of language in the Southern Others, Lucifer, among others, became --- Lucifer.

Because k became the z.

The pole thus disappeared. Language was de-polarized and thus lost its creative power. In the formula Lucifer, only the "hot -s pole is still represented, and in a stronger form. -

More about this later.

The reverberation sounds ("vowels") u and i became the stress and movement sounds ("consonants") w "nd j

The sounds w and j play a special and significant role.

First the w.

The w arises from the u, namely because we speak the u with (air-electricity) tension. The w therefore has an impulsive, obsessive coloring, depending on the reverberant sound that is introduced with the w.

The word ^,Wut" is significant here. It unites the tense u as w with the sound of the deepest instinctive materialization. I will talk about the t in another place.

The word "will" is also significant. Here the instinctual is indicated in the " w", but also the I-consciousness in the "i".

Of course, there is also a significant and dynamic difference between the words "Wotan" and "Odin".

The word "delusion" is also characteristic. Here, too, instinctual obsessions are at work.

If we look at the spelling of the w, we find the w as the 8th rune of the Frisian-Anglo-Saxon Futhark (see volume 1/2 of the Marby rune library, rune table in the appendix) and very similar to the b rune, but representing only about half of this rune. There is indeed a certain similarity between the dynamic nature of both runes, as well as between the position of the mouth when pronouncing the w and b.

The "double" became w

If we look at the form of the Latin VV and v, we can see that it was formed from two Vs or vs that fused together to form the double B or double v. This

B or v, however, is the old runic u, as we find it in the original rune of the Frisian-Anglo-Saxon, the Kilverstein and the Common Germanic Futhark. The Frisian-Anglo-Saxon w is still used today as a double u, i.e. as uu (in Latin as vv).

I will publish more on these questions in the following volumes of the Marby Rune Library. Here it was first necessary to point out the transformation of the reverberant u into a flow and polarization sound and thus also the dynamic connections between the u and the double u, the raised u, the w.

From the clamping of i, j

We now come to a brief consideration of the j.

Just as the w is the increased u, the j is the increased i.

Just as in Central European usage the u before the a, e, ö, o, u, ü, i, standing in wa, we; wö, wu, wü, wi often became a w, so the i standing before the same echo sounds often became a j (in words beginning with: ja, je, jö, jo, ju, jü and ji) in the LlsWüche without justification.

The echo sounds I and i are, as we have seen, the sounds of the dynamics and the essence of the I.

In the j, the exaggerated ego is now present. The area in which the ego has exaggerated itself in j is characterized by the following reverb sound.

Examples:

Ies-us (increase of the ego with effect on the level of the e).

Iud "e (increase of the ego under the effect of the level of u, the lowest " material level, as Sto,ff- - demon).

Iot-e (exaggeration of the I under effect on the level of o).

Further examples:

Ja, Iamm-e.r., Ias-mund , _________ (a formula from the same series to which the Iessusj formula belongs s!j), also Ias-min, Iahn (-- - i-ahne), jed-er, Ien-a, Jod (from Iod-um), Ion-ier, Iord-an, Ios-eph (correct division of the word Joseph), Joh-ann-es, Iub-el, jukk-en, Iul-ius (more significant" usually spoken: Iul-jus s!j), Iun-o, Iu-pit-er, Iur-a etc.

Conclusions on the w

The u becomes w by adding to the u previously exhaled and now flowing speech air. This gives the u, which has now become w, an "increased" awareness.

So "uerld" became "Werld" (world) and "ualhall" became "Walhall".

The w characterizes and captures the will of the subconscious world when using the reverberation sounds from A a to U u.

When using the reverberation sounds 2 and i, the w characterizes and captures the human I-consciousness, albeit from the material side.

L and ü lie on the boundary between U u and I i (above mchr later).

Conclusions on the j

The i becomes a j because previously tense speech air (speech air filled with tension) is now communicated to the i sound. The dynamic tension that now escapes to the outside, also in the sound, was previously present in the speaker's body and was tense, heightened ego-consciousness.

Wherever the j is used simultaneously with echo sounds, heightened ego-consciousness is indicated, expressible and effective with those world circumstances that are triggered by the corresponding echo sound.

Basic information on language and spelling

What is important for the dynamics of language is the "pronunciation" of the sounds and not the spelling.

In the most diverse languages, the" elven sequences of sounds as word picture in quite different forms. This should not confuse us.

However, it is not only national interests that have created a special spelling of the same phonetic images. Also "he South's changed position on fundamental istrological values has caused a lot of confusion. So

This is why the south of Europe uses a few words to describe the opposite of what the north of Europe means.

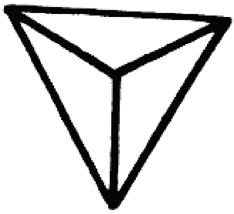
The fact that we also find genuine runic word-formulas in the south of Europe, as in the rest of the world, some of which have apparently been forgotten in the north, should not irritate us either. We know that they are Nordic property. Moreover, we not only find enough clues in the Low German and Norse languages, but are also intent on finding the original words again with the runic key and through experimentation. And we succeed, as Won has proven.

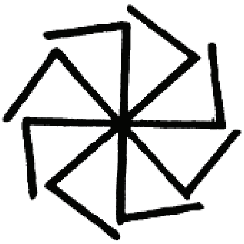
So we build from scratch and don't attach too much importance to linguistic debris.

When evaluating "foreign" words, however, we are guided first by the sound and only incidentally can comparisons of spelling give us clues here and there.

From experience and because it is self-evident, we always remember that the area of origin of all human languages is the North and we always start from ourselves. We must start from ourselves. We can only help ourselves forward alone and by ourselves, also on the way to the original words.

The area is not that difficult. Never be afraid of not being able to force it. The Nunen language becomes a science of the people or becomes no science at all. Only what the people create is real.





The Lsall-^uns and their exercises

The reverb runes and reverb sounds corresponding to the various large spaces of the Weit (in the various condensations) should be practiced first.

How to pronounce the reverb

i sounds: as in Dina, Igel etc.
I " " Guild, fervor, etc.
ü "" overconfident, evil, etc.
Ü "" happy, ventilate, etc.
u "" you, courage, etc.
U "" Mother, Luther, etc.
o "" grub, red, etc.
O "" often, otters etc.
Ö "" barren, solve, etc.
e "" public, spoons etc.
E "" Clay, sinew, etc.
a "" noble, but etc.
A "" Alps, etc.

And the rune positions:

In addition to the illustrations in volumes 5/6, I now present around 90 illustrations that correspond to the postures of the Hall rune sounds.

To avoid repetition later on, I also include a number of postures in the picture that are done lying down or sitting on the floor can. What is to be said about these exercises for the time being will be said from page to page below the line.

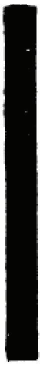
All the exercises listed below are equal-half exercises, except for some postures of the Z rune, which are unequal-half exercises. It should be mentioned that this exercise (left hand "Raise) is an exercise to clarify and strengthen the maternal inheritance. - If the right hand is stretched out towards it, then in this position and by using the 2 sound, among other things, one achieves a clarification and strengthening of the inheritance inherited from the father. - The maternal inheritance (see drawings) is further clarified by the ü-rune-sit-form and the L-rune-sit-form, if they are made as indicated in the drawings.
- Paternal inheritance clears the ü-rune stand form and the L-rune stand form. If you want to achieve the reverse, change the poles (the arms and yours).

The hand shapes, finger positions and the positions of the feet are described in detail in the following volumes of the Marby Rune Library.

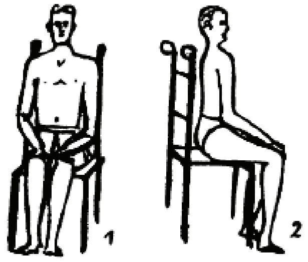
All of the following exercises are performed by one person. I will announce the exercises to be performed by several people.

Further detailed explanations, pictures and explanatory notes, as well as detailed tutorials will be provided in the following volumes of the Marby rune library. Like this double volume, these will also be published in expanded form.

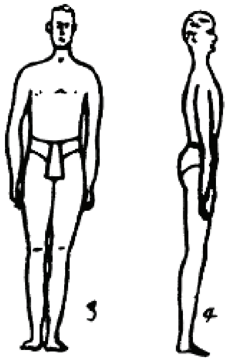
The reverb sound i



The"is-"



Abody form
in sitting



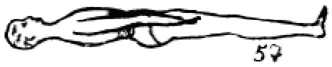
Abody form (I-)
standing

The initial exercises.

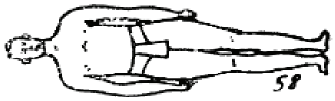
Speech sound **i.**

Described in detail as G 1-3, volume 1/2 page 71, volume 3/4 page 105, volume 5/6 page 138. The form exercises and more: volume 1/2 page 72, volume 3/4 page 106, volume 5/6 page 139/140 of the Marby Rune Library.

Prone



View from the side



View from above

You.'

Speech

sound i

Lu -eu Exercises that are done lying down or sitting on the ground

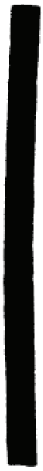
We understand these exercises and their effects in the light of what has been said about exercises on the ground or in closed chambers. - Even sick people who cannot do the exercises in a sitting or standing position will choose these exercises with advantage until they are well enough to do them in a sitting or standing position.

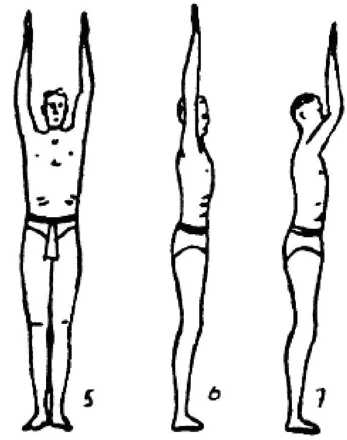
Further information on these exercises will be provided later.

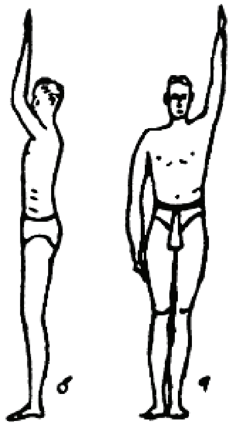
For all lying exercises, the direction in which the body is stretched must be taken into account.

(Continued on the next page.)

The stop sound I







You "is" **-1. and 2. body shape The maternal**

(I.) in the**state** **hereditaryfavorable position**

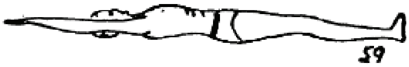
Positions of the 2nd exercise series.

Sprschlaut **I** and **i.**

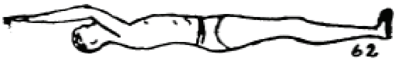
Introductory treated as G 46-49 page 145 volume 3/4 of the Marby Runes Library. Detailed description and training instructions in this double volume of the Marby Runes Library.

Liegend

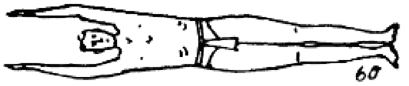
Prone



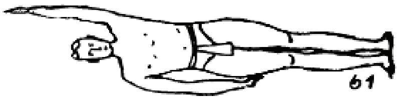
Seitenanſicht



Side view



View from above



Viewfrom above

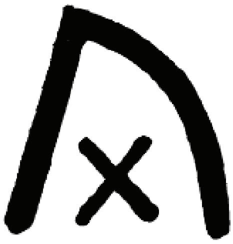
Spelling **I** and **i**

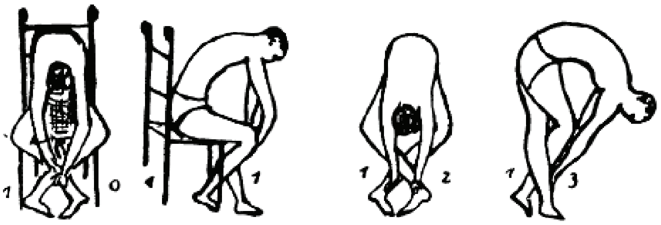
The best way to connect to the earth's magnetic field is to lie with your head to the north and your feet to the south, parallel to the magnetic needle.

The deviation of the magnetic needle from north to west is around 7 degrees in Germany and around 0 degrees in America. You can find out the degree of deviation from opticians or elsewhere. -

(Continued on the next page.)

The HaU sound ü

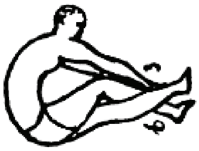




The yr- ty-, Ü-) A body shape A"body shape Run " atSeated Standing

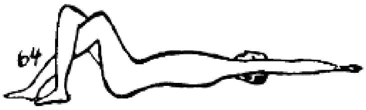
Positions of the S exercise series. Speech sound **ü.**

Earth seat



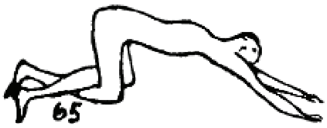
Side view

Liegend



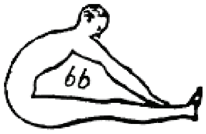
Seitenanſicht

In knee and hand support



Side view

Erdſitz



Side view

You switch your body into the earth's field when you lie down exactly parallel to the earth's axis, head to the north and feet to the south.

Parallel to the crest currents of the ecliptic, you are positioned at right angles to the magnetic needle, head to the magnetic west, feet to the magnetic east.

Parallel to the power flow of the earth's equator, one switches in the direction head to west, feet to east.

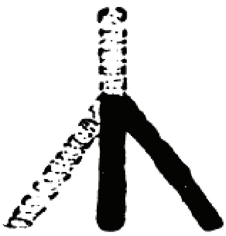
For the rest, see volume 5/6 of the Marby Rune Library, page 74-82.

The best exercise times

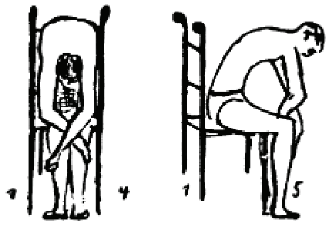
In the Edda it is said that the gods rejuvenate in spring and thus live forever. In spring is the "life"

(Continued on the next page.)

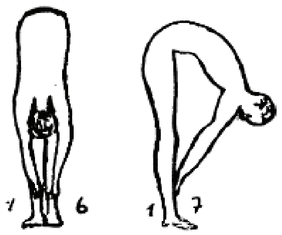
The HaU sound ü



The yr- (y,, ü-) Run"

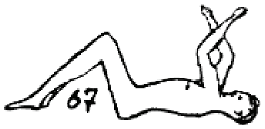


A body shape Ir-MannsImSeat

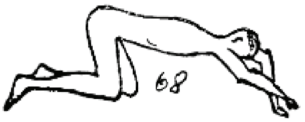


Abody shape (standing

Positions of the 4th exercise series. Speech sound **U**



Prone



In knee" and hand support

Side view

This is when the impulse is strongest, the prospects for development are greatest and the field of tension between earth and sky, which promotes life, is most favorable. In terms of the year, spring is considered the best time for exercise.

The hours of the day that correspond to spring are the early hours, about one hour before sunrise until around 10 o'clock in the morning. 2The magnetic values in nature pulsate most strongly during this time.

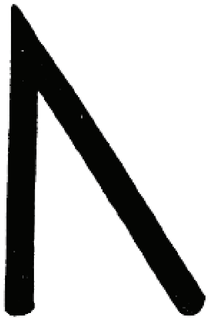
2In autumn, there are again some conditions favorable to the success of the breeding exercises, namely in the period from mid-September to around 6 December. However, this period is not as favorable as the early spring period and the environmental radiation is different in nature.

Autumn corresponds to the evening as the time of day. Bon 5 a.m. to about the hour before midnight there is again a favorable, rich, magnetic atmosphere. But here, too, the environmental effect is different than in the morning.

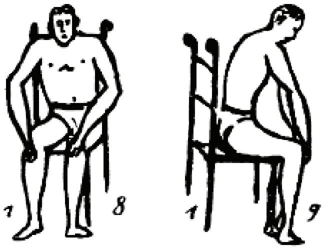
But the main thing is and remains that the "Aufrassungs" and Nunen exercises are practiced at all and every day! This is better than missing the good exercise times and then not practicing at all. The environmental radiation that we absorb during the exercises is our "daily bread", the life rays and waves that are available to us every day and with which we recharge ourselves.

(Continued on the next page.)

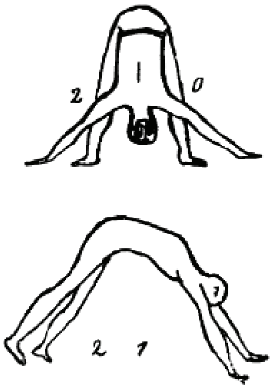
The reverb sound u



Dte "r- ("-) Rune



Abody shape in the seat

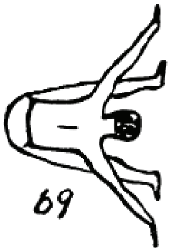


A standing body shape

Positions of the 5th exercise series. Sprochlaut **u.**

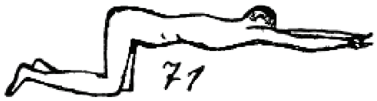
The detailed description and training instructions follow in the other volumes of the Marby Rune Library.

Earth seat



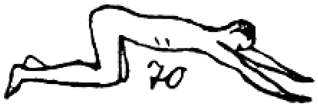
Anſicht von oben

In Knieſtütze



Seitenanſicht

In knee and hand support



Side view

to be physically, mentally and spiritually tense, balanced in tension, and capable of enjoying life and further development that promotes good work.

The best exercise duration.

The duration of the exercise cannot be determined.

Ten minutes is probably the minimum. There is no obstacle or disadvantage to extending this to an hour or more. Practicing in the morning and evening is best.

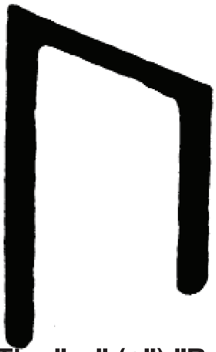
The duration of the exercise depends above all on the desired result.

The exercise age.

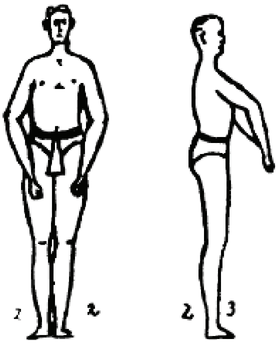
There is no reason to keep the children away from the rally and rune exercises. All of my previous

(Continued on the next page.)

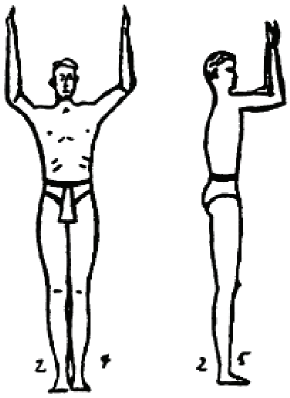
The reverb sound U



The "ur" (u") "Run"



On" body shape at a standstill



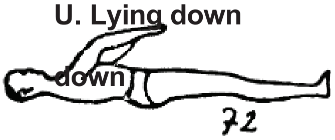
A different body shape when standing

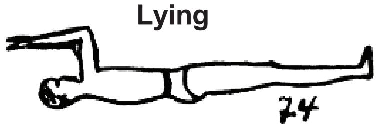
Positions of the 6th exercise rethe. Speech sound

U. Lying down

Lying

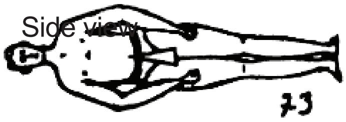
down

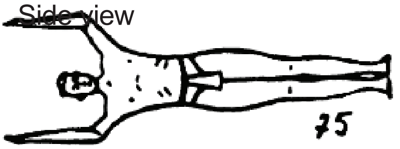




Side view

Side view





~~View from above~~

View from above

The rune exercises listed above can also be practiced by children on a daily basis. All and every possibility of good development is thus favored. But, impress upon the children the high serious value of the runic lives.

In the same way, old age is not a reason that can keep you from practicing the renaissance and rune exercises. On the contrary: the ailments of old age will diminish and disappear, physical and mental abilities will b e preserved and, if lost, regained.

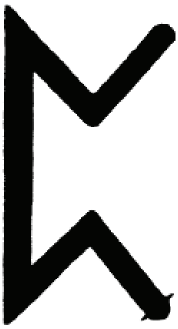
The training location.

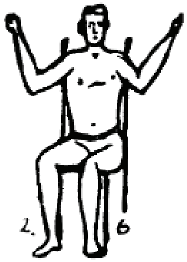
Of course, making love in the open air is best.

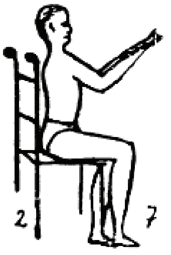
The forest also offers good places to live.

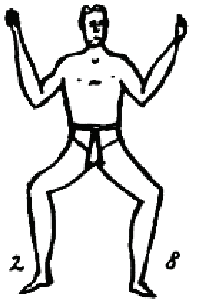
(Continued on the next page.)

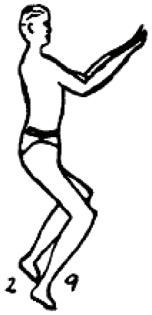
The reverb sound o







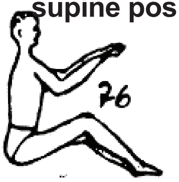




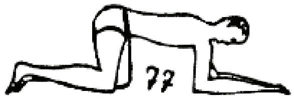
The "Perd" (o-) A body shape A body shape
Run" sitting on the stand

Positions of the 7th exercise series. Speaking lazy **o.**

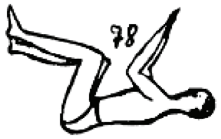
Ground seatIn knee and forearm support In supine position



Side view



Seitenanſicht



Side view

But any path between gardens, a quiet spot and a hundred meters from a railroad embankment can also be a very good place to practice.

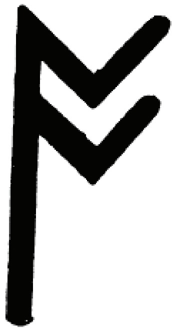
The ground should not be too damp. Above all, you should not stand in pools of water and you should also never practise standing in water while bathing, unless expressly advised to do so by me.

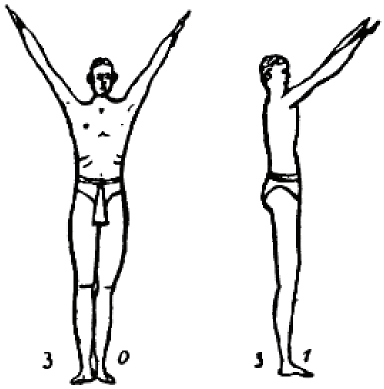
If it is not possible to reach the open terrain or any other facility every day, practice at home. Practicing from a balcony can even be "very convenient.

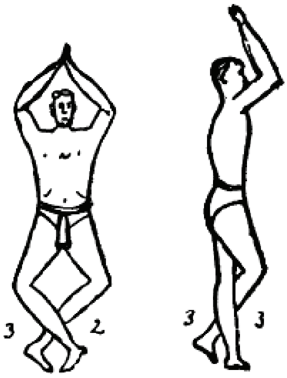
The greatest successes are guaranteed by the old rallying and rune exercise sites, as long as they are still free and have not been spoiled by burials in Christian times. How and where you can find these good rallying and rune
will be presented in the next volumes of the

(Continued on the next page.)

The reverb sound O

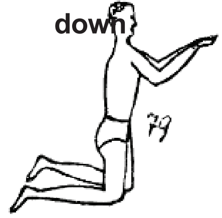




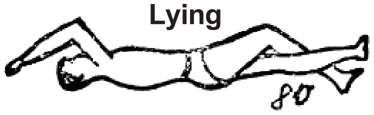


The vs" (o)"Run" One body form **Another body" (ol-**
Rnne) inStand form in stand

Positions of the 8th exercise series. Speaking sound **O. Kneeling down Lying**



Seitenanſicht



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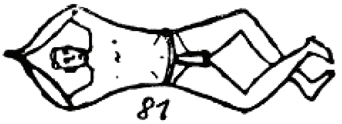


View from above

MRB. revealed. The creation of new rally and rune training grounds will also be regulated.

Should you practise alone?

If possible, practise alone and unseen. This applies to most exercises. However, there are also exercises that can and must be practiced together. These exercises will be announced later.

Exercises that are demonstrated so that others can see how they are practiced, i.e. demonstrations for training purposes, are also an exception.

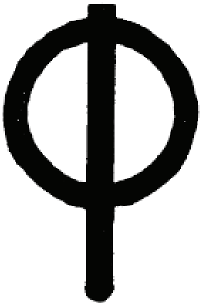
With the help of my publications, however, every reader can work his or her way into the exercises step by step.

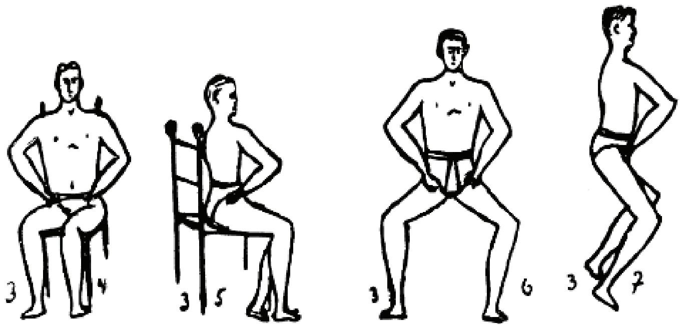
Which direction should you face?

The best viewing direction is north and east. Less effective and in a different way is the south and the

(Continued on the next page.)

The kM sound ö

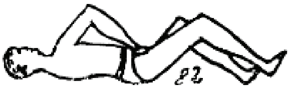




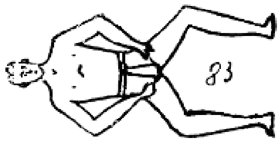
The ger- (ö-) rune A body form Another body form (also
gör- rune) in the sitting form in
the standing position

Positions of the S. Exercise series. Speech sound **ö.**

Prone



Seitenanſicht



Anſicht von oben

West. But it's also about what you want to achieve in special cases. More about that later.

How to be dressed

Naked is best. A short cold dad taken beforehand increases the effect, but also requires a period of rest until the body is completely warmed up, indeed, has excess heat.

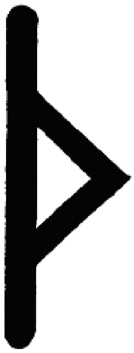
If you cannot undress, you should not (valid for most lifts) be clothed or girded tightly. So first loosen what is constricting.

On the nature of reverb sounds

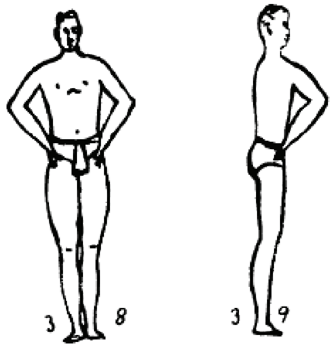
It is part of the essence and effect of the reverberation sounds that one "holds" the body while pronouncing the reverberation sounds, i.e. remains in the posture assumed for at least as long as one speaks, murmurs, sings or calls out the reverberation sound in question.

(Continued on the next page.)

The reverb sound <v



Die thorn- (d-) Rune

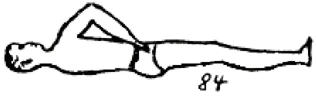


Eine Körperform im Stand

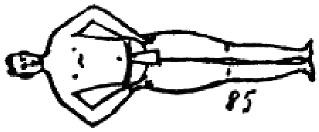
The detailed description and exercise instructions will follow in further volumes of the rune library.

Positions of the 1v. Exercise series. Sprerhlaut L>.

Liegend



Seitenanſicht



View from above

The electrifying effect of the sound vibrations, which affect certain areas of the body and certain areas of the aura, usually only becomes fully apparent when we hold the body still. The effect often shows quickly, often only after a few minutes.

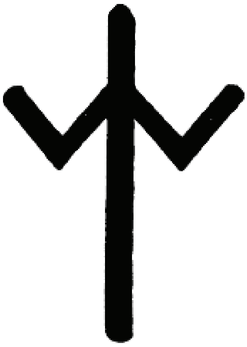
I must emphasize that the vibrations of the reverberation sounds and the sound in the body are never based on imagination (self-suggestion). The successes of our exercises are based on the absolutely certain ground of verifiable and explainable facts.

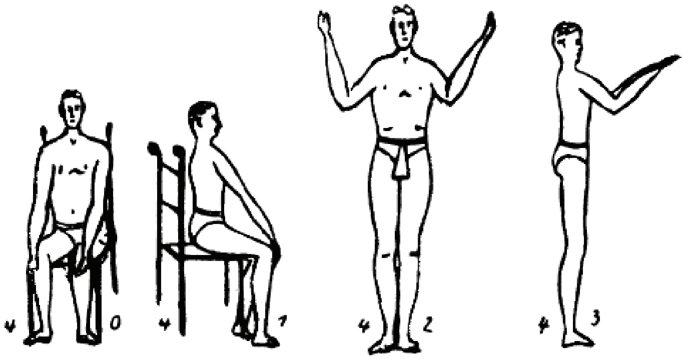
Roch some of the exercises that are done lying down or sitting on the ground.

I will provide more details on these exercises later. However, since in some cases curiosity

(Continued on the next page.)

The reverb sound <r



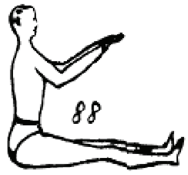


The ear- ("") rune A body shapeA body shape
in the seat in the hour

Positions of the 11th exercise series. Speech sound **e.**

Prone

Erdſitz



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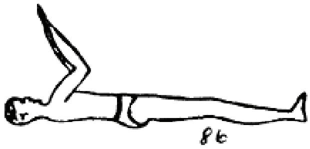
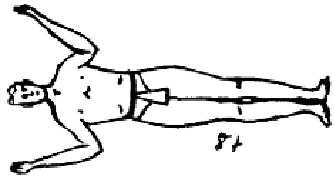


Seitenanſicht



View from above

If you are tempted to try these exercises, or if being ill may make these exercises appropriate instead of the standing exercises, a few more things should be said about the exercise location.

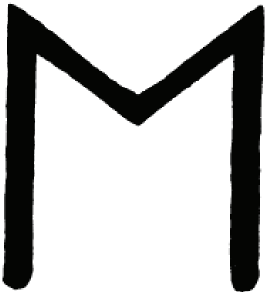
As we know, it can be harmful to health under certain circumstances. very dangerous if you lie down outdoors on the ground or on the grass or on rocks when

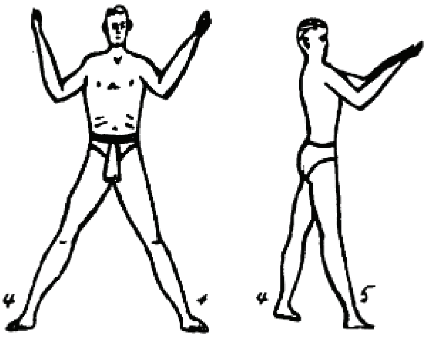
1. it is cold,
2. the earth or the rock is cold.
3. the soil, grass or rock is damp,
4. the earth is swampy ground.

These health-damaging possibilities now have a much sharper effect when we use rune exercises to

(Continued on the next page.)

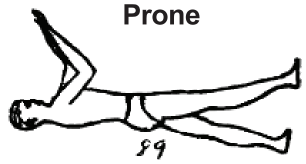
The HaU sound <L



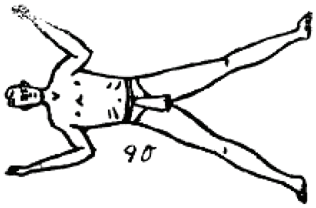


A body form in the standing positions of the 12th exercise series. Speech sound **E.**

Prone



Side view



View from above

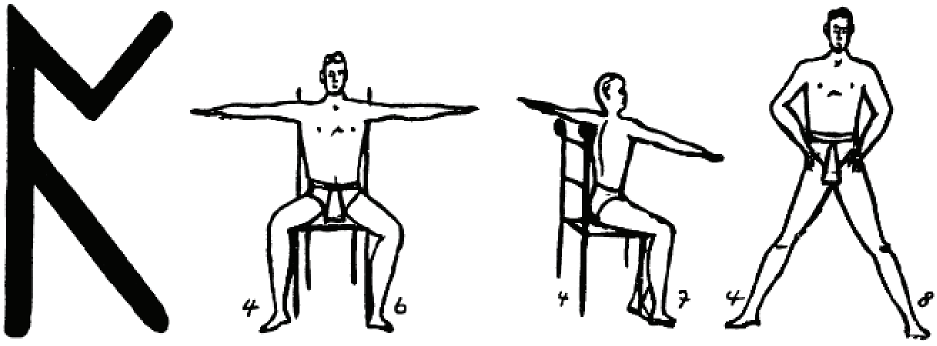
activate our electric aura. If this were to happen, we would possibly discharge too much life force into the earth and damage our health.

2 The same applies to closed thumbs.

You do not do any exercises lying or sitting on the bare floor. One or two thick rugs, covered with a clean sheet that is folded up after use and placed in a certain place, always kept ready, form a good base that prevents colds and excessive exertion.

(Continued on the next page.)

The reverb sound a

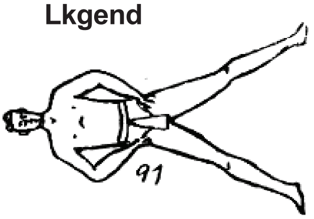


The "c- (a-) **RuneOne KSrperformOne** **" KSrperform sitting in the**

stand

Positions of the 13th exercise series. Speech sound **a.**

Lkgend



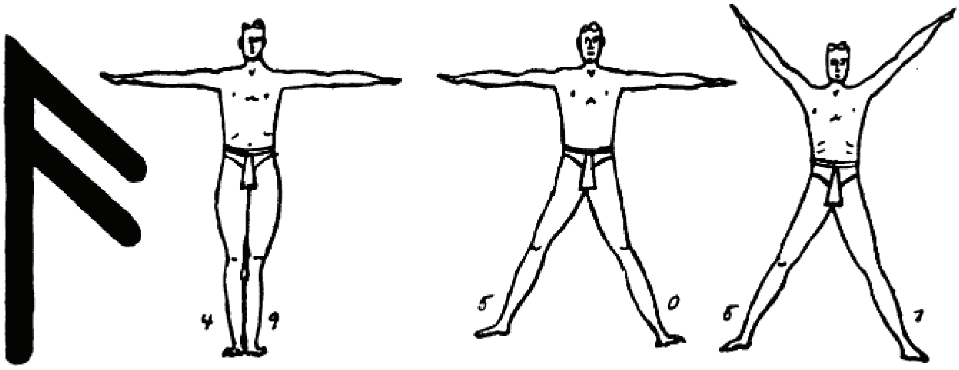
View from above

A wooden plank bed with a surface about a foot high above the floor of the room is also very good. Other resting places, including the bed (but only your own bed) may also be suitable for these exercises in a lying or squatting position.

The basic principle is that the forces of the aura (life force) should not and must not be discharged into the earth unintentionally. The feeling of coldness must never arise and must not show itself even after the exercises. If it is not warm enough in the room, you should practise clothed, but without the constriction of clothing.

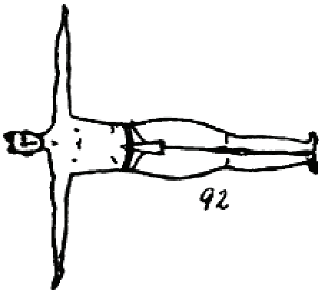
*

The HaU-Laul M



The ask- (a°) One" body form Another body form Another body" rune
in standing form in standing form in standing
Positions of the 14th exercise series. Speech sound A.

Liegend



Anſicht von oben

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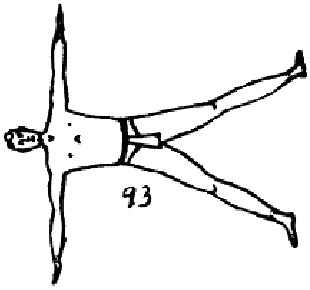

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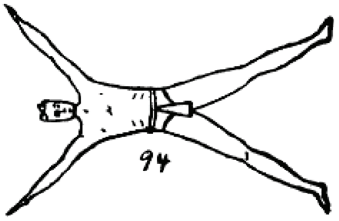


Anſicht von oben

Questions from the readership

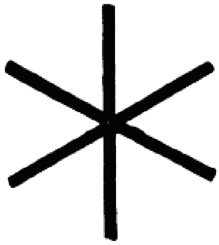
The author of this book answers these questions one by one when

1. the requests relate to the exercises,
2. which are related to the overall field of rune research.
3. 50 pfennigs in stamps are enclosed with such requests.

Such requests should be sent to the address:

Friedrich Bernhard Marby
Stuttgart--S..
In person! Kolbstrahe 17.

Suggestions. Suggestions and material on the field of rune research are also gratefully received.



more flufrass and rune exercises

In volume 3/4 of the Marby rune books on pages 112 and 113 I would have included some exercises for the I and I rune. Inquiries have shown that the information given there was too brief. I am therefore listing the exercises given there again here, using what was said there, enriched with further important hints and explanations.

In addition, the mental exercises to be carried out when placing these runes will be described in detail. The effects and consequences will also be discussed.

The extended i and I rune exercise

For the time being some about the runic-military

Basic position:

The postures prescribed by the German (previously Prussian) drill regulations are in fact postures of the old Germanic drill and rune exercise technique.

The exercises of the now German drill regulations are known everywhere and are true fitness exercises, as everyone knows. It is therefore not at all necessary to regard our runic exercises as something aberrant or even mystical. On the contrary: as in volumes 1/2, 3/4 and

5/6 of the Marby Rune Library, from these exercises.

The details of the basic military position are therefore briefly outlined below as a basis for further training instructions.

Values of the basic military position:

Head high, chin slightly tilted, eyes and gaze straight ahead, shoulders high and free (without constraint) held, chest arched forward (i.e. shoulders slightly back), abdomen drawn in, back hollow, knees pressed through and with opposite feet, heels together , feet standing at right angles, elbows slightly bent (pressed forward), hands with the little finger side resting against the thighs, fingers outstretched and the hand slightly open in a conch shape towards the front. The whole body leans slightly forward on the toes.

This basic military posture is also and has always been the basic runic posture. It is also the overall body posture in the runic life of the i-rune, as we have come to know it in volumes 1/2 to 5/6 of the Marby Rune Library.

This basic runic position allows for changes that are still within the i-, I- and j-runes.

First of all, this change can affect the length of the body. An elongation of the body is achieved:

1. by standing on your toes;
2. by stretching your arms upwards.

The position of the foot when placing the extended i and Z rune can be changed:

1. by standing on the heels;
2. by standing on your toes,
3. by placing the feet parallel;
4. by bringing the toes together while simultaneously separating the heels;

S. by" spreading your legs, the tips of your feet forward;
6. by spreading your feet outwards;
7. by spreading your heels outwards;
8. by placing a foot in the village;
9. by positioning one toe outwards;
10. by positioning one toe inwards.

The position of the extended i and J rune can be changed:

1. Position of the hands with carpus forward, palm facing upwards;
2. Hands stretched upright, palms facing each other;
3. Hands stretched upright, palms shyly forward;
4. Hands stretched upright, palms facing outwards;
5. Hands upright, palms facing backwards;
6. Protruding hand switches
    a) without touching each other's hands;
    b) with mutual touching of the hands.

Part of the essence of the ego and all i-runes is the sense of direction, the polar attitude.

In the physical form of the i-running position with raised arms, the inner palms of the hands and the soles of the feet are the opposite pole surfaces.

Depending on the direction and position of these two poles, we will achieve different effects. In each case, different muscles, tendons and nerves are affected by the different positions of the feet and hands. In each case, we can direct the polarized currents by stretching them inwards or outwards or sending them out in different directions.

The 1st rune-form exercise

The initial position.

During the hand exercise: Military (runic)

For the sitting exercise: sit on a chair or a thanks.

Grundſtellung.

au

During the gait exercise: free gait with the stance corresponding to the basic military rune stance.

In the prone exercise: horizontal position of the body in the body shape of the basic military-runi position.

These initial postures result from breathing exercise 54, which follows the description of the individual postures below. Breathing exercise 54 leads from the initial posture into the actual Runic exercise.

These four initial postures correspond to the practice of the i-rune in the runic military posture. We always begin all exercises with the exercises of this basic posture combinedwith the echo sound i. - Breathing exercise 54 then leads us into the individual further i- and (^-positions.

TheStand exercise:

(Total body posture 50.)

Runic military stance with the following modifications:

Arms stretched up vertically, approaching.

Place the hands with the outer thumbs together. Hands with the carpals facing forward. Fingers extended backwards. The palms are held almost horizontally.

Feet together. Toes straight ahead.

The sitting exercise:

(Total body posture 51.)

Upper body upright. Chest arched forward, shoulders free and held high, pressed slightly backwards. Back hollow. Legs and feet together. Toes straight ahead.

Keep the arms and hands in the same position as in the previous exercise while standing.

The gait exercise:

(Total body posture 52.)

Runic-military basic posture of the upper body, arm and hand position as in the standing exercise, straight ahead step.

(Total body posture 53) The

lying down exercise:

Overall body position as for the standing exercise. Now lie on your back. The arms are stretched out horizontally in the direction of the body axis. The palms of the hands are now as vertical as possible. The fingertips are pointing towards the ground (the floor).

Most most important and most clearest effective is the stand exercise! -

In this position, we form a self-contained pillar (I didn't use the term "pillar" because the word "pillar" is associated with the Sal rune). We put our feet together. Because our right half of the body is positively charged and our left half is negatively charged, we have thus brought about a closure of the poles at the bottom, and since we hold our hands in contact with each other at the top, we have now also brought about a closure at the top.

In addition, the Kunen-Sprech-Uebunyen

(Runic Breathing Exercise 54)

During the standing exercise: Standing in military stance but with feet parallel together. -

Exhale while running. - Then inhale deeply (for about 5-7 seconds), stretching both arms upwards:

I. Place the palms of your hands against each other in front of your abdomen.

2. Raise both hands up in front of you in a closed position.

3. Above the head, open the two hands from each other and now lay thumb to thumb as flat as possible next to each other.

When making these arm and hand movements, the body lifts itself, stretches upwards and stands on the tips of the toes.

(Runic sound exercise 55)

Run quietly singing the "i". Initially in a pitch that suits you best. But don't sing with your mouth wide open. Practice several times a day.

(Runic sound exercise 56)

Sing the "I" softly. In the pitch that lies best.
Open your mouth more. Practice several times a day.

(Rune-Lon exercise 57)

Alternate in the same tone with the sounds "i" and "I". Do not stand on your toes. Practice several times a day.

(Rune Don exercise 58)

From the note that lies best, go up once with the "i", the other time with the "I", without taking the scale into account. Do not pause during the change of tone.

Practice several times a day. Without toe stand.

(Runic sound exercise 59)

Let the sound flow through the body from bottom to top, then from top to bottom again, from bottom to top, and so on, i.e. let the sound rise and fall again without taking the scale into account. This creates the siren sound.

As the note rises from the bottom to the top, stand on your toes and sing the " i". Run Inhale if it is me Then, as the sound falls, lower your heels and sing the "I".

Practice several times a day.

(Rune-Lon exercise 60)

From the lowest note that can be sung, using the "i", skip to the highest note that can be sung. Hold this Don for a while, standing on your toes. Inhale if necessary.

Run the "I", hold the high tone for a while (about 2 seconds) and then skip to the lowest tone. Hold here for about 2 seconds. Stand on the whole sole.

Practice several times a day.

For the above exercises 50-60:

You must proceed with exercises 50-60 logically, i.e. in the correct order.

The stance exercises come first.

So first exercise 50 together with exercise 54 and 55 - Then 50 with 54 and 56 - Then 50, 54 and 57. - Then 50, 54 and 58 - Then 50, 54 and 59t - Then 50, 54 and 60.

In special cases and in the event of illnesses that make standing exercises impossible:

The Sitzi exercises 51 with 54 and 55 - Then 51 with 54 and 56 - Then 51 with 54 and 57 - Then 51 with 54 and 58. - Then 50 with 54 and 59 - Then 50 with 54 and 60.

Or the lying exercises 52 with 54 and 55 - 52 with 54 and 56 - then continue as before.

Or the gait exercises 53 with 54 and 55 - Then 53 with 54 and 56 - Then continue as before.

As all students will immediately realize, apart from the effect of the pitches, the effect of the I in the body is different from the effect of the i.

When we sing the I, it is as if something is flowing down into the body from above. If we sing the i, the hands and fingers swing upwards.

Some practitioners will feel a fine vibration and trickling in the palms of their hands when singing the i in the same pitch, but not when singing the I.

So there is a difference between the effect of the I and the i. The difference is even a very big one.

The I is related to the "cold" pole of the runic-dynamic language. In contrast, there are significant relationships between the i and the " hot" pole of the Runic-Dhnamic language.

In the Runic Don exercises 58-60 we have exercises that work in various ways in and around our body and in its fields of tension.

More on this later elsewhere.

Your thoughts on this Nunen exercise

For standing, sitting and walking exercises:

As a living I-pillar, I physically stretch myself between earth and sky, I cling to earth and sky.

The flood of earthly and heavenly streams unites in and around my body. I am the mediator between heaven and earth, between earth and heaven. I am the bridge between heaven and earth, between earth and heaven.

I want to strengthen and refine the streams of heaven and earth in my body and in my aura that bring life and consciousness.

I want to further increase my self-awareness! -

Some successes of this rune exercise

1. Increased circulation of currents in the body's aura. Perineal internal tension equalization and calm absorption.
2. Strengthening especially of the current in the veins of the solar plexus and the occiput (cerebellum). From there, absorption of life forces, namely those forces that are stored as will matter and as resistance forces.
3. Strengthening and strengthening the flow in the heart and kidney zone. Hence the refinement of sensation. Also stimulates the circulation of blood and juices.
4. Tension of the membranes of certain groups of the transverse striated muscles and increase in their ability to absorb values of the body's electrical potential. Hence an increase in the reserves of vital energy.

Application of these exercises for diseases of your own body

For muscular rheumatism, chest congestion and lung complaints, impotence, general physical weakness, tiredness and moodiness.

The doctor or healer is not discouraged!

The strongest effect occurs when the siren sound is used. (See page 72 volume 1/2, or page 106 volume 3/4 of the Marby Rune Library). Sick organ zones can be detected and treated by the body zone tone.

The doctor or healer is not discouraged!

The 2nd rune form exercises

The starting postures for all exercises are the starting postures indicated for the 1st rune form exercise.

(Total body posture 61) The
standing exercise:

Runic military stance with the following modifications:

Arms stretched vertically upwards. The arms are shoulder width apart.

The distance between the two hands is shoulder width. Hands with the base of the hand facing forward. Palms facing backwards - upwards in time. The fingertips to the back - sideways.

The feet are in the basic runic-military position, i.e. the heels together and the toes so far apart that the feet form a right angle (90 degrees).

(Total body posture 62) The sitting exercise:

Upper body upright, chest arched forward, shoulders free and held high, pressed slightly backwards. Your held together. Feet at right angles.

Position the arms and hands as in the previous standing exercise.

(Total body posture 63) The gait exercise:

Runic-military basic posture of the upper body. Arm and hand position as in the standing exercise. Step straight ahead with the toes pointing slightly upwards.

(Total body posture 64) The lying down exercise:

Total body posture in the same form as in the Stance exercise. Whoever has overall posture of the body Wagerecht.

The most important and clearest effect is the standing exercise! -

The striking thing about these four exercises above is that the hands are not held together at the same time as the body is extended.

These exercises are pronounced absorption postures.

In this runic position, we absorb the earth and sky rays and waves as a being whose physical body comes half from the ancestral line of the mother and half from the ancestral line of the father. Both halves of our bodies absorb the runic forces in this runic position, each for itself, as far as this is possible.

We have "two souls in our breast", as Goethe says in "Faust", and in fact we are born with the basis of perception of the ancestral line of the mother and the basis of feeling of the ancestral line of the father, i.e.

seek to comprehend things, the environment and its phenomena and processes from two different sensory mirrors.

These two sensory foundations inherited from our earthly heritage are contrasted with a third sensory foundation: the sensory foundation that we brought with us from previous lives (i.e. reincarnations).

The hereditary soul from the mother line and the hereditary soul from the father line are thus contrasted with the hereditary soul that we have from a previous life on earth. All three "souls " are however current and voltage complexes of a live-electrical type and their,, proximity" are therefore electromagnetic values. We now bring in this nourishment of the soul through runic exercises.

I would like to mention briefly that our self-soul (which is also a flow complex), which moves through the lives, charges and has to charge itself with new forces (high-altitude rays and star rays) between the lives on earth in heaven (i.e. in heavenly space, also in starry heavenly space) before this complex causes the procreation of a new body.

The I-consciousness must gradually develop in the soul field that originates from the heavenly realm and the earlier embodiments. The two soul complexes, originating from the mother line and the father line, will often, and must, feel from different points of view, albeit in the same way. But the often conflicting sensations of these two soul complexes taken over with the physical body must be directed, tested and united into higher sensations by the ego-soul complex. In this work, the ego becomes stronger. At the end of life, therefore, we should be able to give our eternal ego-consciousness a weathering clarification. That is the purpose of life.

Contradiction of feelings and inner points of view is therefore necessary and natural, but should not last long. We should look at the phenomena of life consciously, critically and self-critically, but we should not get stuck in criticism and, emphasizing life, regard the higher point of view, which arose from the new knowledge that was weighed against each other and thus became the fruit of the work on our higher self.

The rune exercise given here strengthens the hereditary material from father and mother in the same way, serves to strengthen the intellectual abilities, increases the abilities that are appropriate where we have to examine something, an area, a question, to break it down and recognize it in its individual values and characteristics (ana lysing sensory and thinking activity).

It also happens that the flow and circulation in one part of the body aura has decreased. This often results in inefficiency and sickness in one half of the body, moodiness, wrong thinking and rash action. The organs on one side of the body, with little flow of vital energy, leave all the work to the organs on the other side of the body. For example: the left kidney lets the right kidney do almost all the work on its own. The right kidney also takes on double the work. Kidney inflammation on the right can be the result, among other things, because the right kidney has been overloaded. - Our Nunen exercise now intervenes, stimulates the side of the body that is somewhat paralyzed in the flow of the body aura, removes inhibitions in this side of the body with little flow, activates the genetic material present in this side of the body and thus creates balance, health and a clear angle of vision.

We will learn how to do one side of the body or the other later.

Plus the Auneu-Spreck exercises

After assuming the prescribed exercise posture by raising the arms and breathing in at the same time, we now begin the speaking and sound exercises.

(Runic sound exercise 65)

Sing the i softly. In the pitch that suits you best.
Hold the i for as long as possible. Practice several times a day.

(Nunen-Lon exercise 66)

Now sing the I softly. In the best position. Open your mouth more. Practice several times a day.

(Runic sound exercise 67)

Alternate with the sounds i and I in the same tone. - Practice several times a day.

(Runic sound exercise 68)

Go up with the note. Use the i once and the other time the I. Do not take the scale into account. Do not take a break during the lone change. - Practice several times a day.

(Runic sound exercise 69)

Let the Don fly through the body from bottom to top like a siren, then from top to bottom again. With repetition. Sing the i as the sound rises and the I as the sound falls - practise several times a day.

(Runic sound exercise 70)

Skip from the lowest note sung using the i to the highest possible note. Hold these two positions as long as possible. Stand on your toes as you ascend the note.

Run the 2, hold the high note for a while and then skip to the lowest possible note. Hold both pitches as long as possible. Move out of the toe position as the note descends. - Practice several times a day.

To the above exercises 61-70:

You have to go through exercises 61-70 in order. First the standing exercises. First exercise 61 with exercise 65, then exercise 61 with exercise 66.

Then 61 with 67 - Then 61 with 68 - And so on.

Where and when standing exercises are impossible:

First exercise 62 with 65, then 62 with 66, and so on.

Or the exercise 63 with 65 - then 63 with 66 - then 63 with 67 - and so on.

Or the exercise 64 with 65 - Then 64 with 66 - Then 64 with 67 - And so on.

It is also important to avoid a pitch that resonates above the hands (this can only be a very high pitch). -

Our thoughts on this rune exercise

2I charge the inheritance passed on to me by my mother from the ancestral line from the sea of forces of heaven and earth. In the same way, I am charging the

Father from the sea of forces of heaven and earth.

I want the hereditary material stored in both sides to become alive and strong, and the supporting hereditary material to strengthen itself.

I want the vitality given to me by both parents to increase and to ensure me constant health and freshness!

I want the sound of feeling transmitted to me by both parents to become more refined.

I want the powers of discernment and thought passed on to me by both parents to become more acute in me.

The rune exercise course must be interrupted here for the time being. In the next double volume 9/10 of the Marby Rune Library we will start with the following exercises:

The emphasis on one hereditary trait and the corresponding side of the body.

The emphasis of the maternal inheritance and the corresponding exercises.

Emphasizing the paternal heritage and the corresponding exercises.

The coupling exercises.

Further I- and i-riding and rune exercises etc.

In the meantime, I expect all readers to work through the exercises given so far on a daily basis and allow their healing, clarifying, rejuvenating, uplifting and invigorating effects to become flesh and blood.

I ask you to keep a diary of your training successes so that a conscious progress can be ensured.

Happy rune healing to all runesters!

The author.

An auspicious gift was given to mankind

presented at the session of the German Reichstag in Nuremberg on September 14, 1935.

A law came into force in Germany on the following day,

which prohibits marriage between people of Jewish and Germanic or related blood,

the Jews forbids Jews, in persons of
Germanic or related blood aged
up to up to 45 years toyears.

This law is not only a fortunate gift for Germany, but for all of humanity on earth.

A 65-million-Dolk does not want to allow its blood to be further racialized and corrupted in the future. A 65-million-Dolk, the people of the racial land of the earth, wants to return to the racial unity of the village ferries, wants to return to the race and to true culture.

The secretly cultivated and openly expressed efforts to segregate the Germanic race in Germany and throughout the world, to which the worst elements of the Negroid-Semitic mishmash of Jews were subjected for around 2000 years, have thus been put a stop to, at least in Germany. The Christian churches and sites that support racial mixing and depend on the Jewish "spirit" are thus also set a necessary limit.

Finally free from further insidious and deliberately induced poisoning of the racial blood with Semitic blood, the German people will now b e in a position, in the course of progressive development, to racialize in a self-contained manner. The result will b e a unity of feeling, thinking and will, a clarity of purpose and a strength of mind and soul, a state of health and physical prowess such as has not been experienced in Central Europe, indeed in the whole world, for many a thousand years.

Jews and fellow Jews, those dependent on Jews, "Idea listeners" and worldly enthusiasts, "pious" and "pious" breeders, doltish fools and dependent literary figures around Deutsch-

The Jews around the country may now, depending on their "kind", complain and moan, rant and rave. By the way, there are also sensible Jews who advise against mixing Jewish blood with Germanic blood.

And furthermore, let it be said to all that after Germany other countries, after the German people other peoples will establish the same laws. Forced to do so because racial death is the death of the people and the death of culture, other Germanic peoples will soon demand and receive the same laws. -

United and reinvigorated, the German people once again stood on their own two feet. It wants to live in honest peace with all peoples. In order to be able to do so, it is putting its own country in order. May other nations learn from this and take it as an example.

Much has been said and written in the world about the paths that should secure culture, development and advancement for humanity. All paths have failed.

Germany, born out of ethnic racial sentiment, consolidated in National Socialist form, shows the only way and takes it.

Under its leader, Germany is not only giving the whole of humanity a raised nation of 65 million, not only finally a core of humanity, the vanguard of the newborn nations, but also an exemplary lesson and path for all the peoples of the world.

Let all nations bear this in mind.

But we Germans continue to work, continue to work on becoming the pure, the new, reborn race and thus on the works of true living culture and its tasks.

TInd: We keep on running!

Friedrich Bernhard Marby.

End of the text section -

Marby-Verlag announces important new publications:

Scientific pendulum library published
by Ehristofs Dietrich.

S-ft2

Medical diagnostics

The pendulum in the hands of the doctor and alternative practitioner

with many illustrations, disease diagrams (cancer) etc.

The healthy person - The sick person - The pendulum signs for certain diseases - Diagnosis on a living person by means of a photograph, handwriting, etc.
- Sources of error - The combination of the physical-physiological method with the suggestive method and its advantages - Reliable remote diagnosis - Pendulum and cancer research - Diagnosis of pregnancy, etc.

* * *

So far, the same author has published

For beginners!

Healthy and sick emanations of the human being. It is a small booklet, but it provides very informative information about very serious pendulum research. Anyone who wants to educate themselves should read this work. It has been very favorably reviewed by the press.
RM. 1.10

How do I learn to commute? Published as the first volume of the Scientific Pendulum Library. Here we have the basis for how we canpenetrate the field of the pendulum ourselves. RM.1.35

Another happy announcement!

Published at the end of October 1935:

Hag-all runes calendar for 1936

It contains about 150 pages and costs only RM. 1.50 Publisher: Friedrich Bernhard Marby.

The new edition of this popular calendar once again features very valuable, informative and groundbreaking essays and illustrations.

The first double volume of the Marby Rune Library:

runic writing, runic word, runic Gymnaſtik

Introduction, overview and djx first runes "exercises ngen

Given by **Friedrich Bernhard Marby.**

Double volume 1/2 of the Marby Rune Library.

(Second revised, improved and expanded edition with runic tablature, picture supplement and illustrations in the text).

The first part of this book summarizes the fundamentals of the runic question. In the foreword, we are already gripped by the author's captivating description of how he came to discover runic gymnastics. This is followed by the first brief scientific justification of runic gymnastics in generally understandable terms. We are also shown why the runic gymnastics of our ancestors could be forgotten, why the knowledge of our ancestors^ wherever it appeared, was always and everywhere opposed by knowledgeable circles. In the chapter "The sacred scriptural series of mankind" we are introduced to the runic series of earlier and more recent times, which are listed and named on a special plate at the end of the book.

The second part is introduced by the words: "Everything Knowledge is dead if we do not bring it to life", from this it can be seen that the practical part now follows, namely the introduction to runic gymnastics and the first exercises of the I-Rune. In addition, the experiences made by rune practitioners between the publication of the first and second editions have been taken into account.

We will now give you an overview of the contents:

Introduction - Foreword.

Part one.

Eternal design paths.

Holy Scripture! - Holy language! - Holy deed! - 3mal3gleichst - Where do we find the real Holy Scripture?

Racial spirits, Rasfenleelen. Siassea body.

Der Kampf um die Einkörperung. — Maskierte Dämonen. — Ueber Werden, Weſen und Sein der Raſſengeiſter. — Von den Wieder-Einkörperungsvorgängen. — Die Wurzeln des politiſchen und „wirtſchaftlichen“ Geſchehens von heute und geſtern. — Manſchmenſchen, Politiker, ehemalige [illegible] und Pfarrer werden immer Runenwiſſen bekämpfen.

Stonestin^ Scandinavia. - Important witnesses of Germanic prehistory.

Wo unſere Väter Erbgut blieb.

On the nature of the Word script and letter writing.

Runenmacht und Ausrottung der Runenkenntnis. — Was beim Studium nordiſcher Heiligen-Legenden zu beachten iſt. — Das Auftauchen der Edda. — Runen, Runenwiſſen und germaniſche Myſterien wurden unter anderen Namen erhalten. — Mehr als 4000 Runen-

The essence of word writing. - The essence of letter writing. - Dynamic world, dynamic word.

The sacred scriptures of mankind.

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Runen raunen richtig Rat!

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Runen-Gymnaſtik.

Die erſten Uebungen der I-Rune. — Rune -Form-Uebung. — Runen-Sprech-Uebung. —
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Appendix.

Those of good will, I call.

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